

Poughkeepsie, NY - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:18	2.8	9:51	2.4	3:18	0.5	3:59	0.3	6:29	5:46	
2	Thu	10:11	2.9	10:39	2.6	4:07	0.4	4:45	0.1	6:27	5:47	
3	Fri	10:55	3.1	11:19	2.8	4:53	0.2	5:28	0.0	6:26	5:48	
4	Sat	11:33	3.2	11:56	2.9	5:37	0.1	6:10	-0.2	6:24	5:49	
5	Sun			12:09	3.3	6:21	-0.1	6:50	-0.3	6:23	5:51	
6	Mon	12:29	3.1	12:44	3.4	7:03	-0.2	7:28	-0.4	6:21	5:52	
7	Tue	1:02	3.2	1:19	3.4	7:44	-0.3	8:05	-0.4	6:19	5:53	
8	Wed	1:36	3.3	1:58	3.3	8:24	-0.3	8:41	-0.4	6:18	5:54	
9	Thu	2:14	3.3	2:41	3.2	9:05	-0.3	9:17	-0.3	6:16	5:55	
10	Fri	2:58	3.3	3:32	3.1	9:49	-0.2	9:57	-0.2	6:14	5:56	
11	Sat	3:50	3.3	4:29	2.9	10:43	0.0	10:46	0.0	6:13	5:58	
12	Sun	4:48	3.3	5:30	2.8	11:51	0.1	11:53	0.1	6:11	5:59	
13	Mon	5:50	3.2	6:34	2.7			1:06	0.2	6:09	6:00	
14	Tue	6:56	3.2	7:43	2.8	1:11	0.2	2:15	0.1	6:08	6:01	
15	Wed	8:09	3.2	8:56	2.9	2:23	0.1	3:17	0.0	6:06	6:02	
16	Thu	9:22	3.3	10:00	3.1	3:27	0.0	4:13	-0.2	6:04	6:03	
17	Fri	10:24	3.4	10:55	3.3	4:25	-0.2	5:06	-0.4	6:03	6:04	
18	Sat	11:16	3.6	11:43	3.5	5:19	-0.3	5:55	-0.5	6:01	6:05	
19	Sun			12:02	3.6	6:10	-0.4	6:42	-0.6	5:59	6:07	
20	Mon	12:29	3.6	12:47	3.6	6:59	-0.5	7:27	-0.6	5:57	6:08	
21	Tue	1:13	3.6	1:31	3.5	7:45	-0.5	8:08	-0.5	5:56	6:09	
22	Wed	1:56	3.6	2:16	3.3	8:28	-0.4	8:47	-0.3	5:54	6:10	
23	Thu	2:39	3.4	3:02	3.1	9:10	-0.2	9:24	0.0	5:52	6:11	
24	Fri	3:24	3.3	3:50	2.9	9:52	0.0	10:01	0.2	5:51	6:12	
25	Sat	4:10	3.1	4:39	2.7	10:36	0.2	10:41	0.5	5:49	6:13	
26	Sun	4:56	3.0	5:29	2.5	11:29	0.5	11:30	0.7	5:47	6:14	
27	Mon	5:44	2.9	6:19	2.4			12:30	0.6	5:45	6:15	
28	Tue	6:34	2.8	7:13	2.4	12:36	0.8	1:33	0.6	5:44	6:17	
29	Wed	7:29	2.7	8:13	2.4	1:43	0.8	2:30	0.6	5:42	6:18	
30	Thu	8:31	2.8	9:13	2.6	2:43	0.7	3:21	0.4	5:40	6:19	
31	Fri	9:30	2.9	10:03	2.7	3:35	0.6	4:07	0.3	5:39	6:20	