

Poughkeepsie, NY - Mar 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:00	3.0	4:34	2.7	10:45	0.3	10:47	0.2	6:29	5:46	
2	Fri	4:52	3.0	5:31	2.6	11:56	0.4	11:48	0.3	6:28	5:47	
3	Sat	5:49	3.1	6:34	2.5			1:20	0.4	6:26	5:48	
4	Sun	6:55	3.1	7:47	2.6	1:11	0.3	2:31	0.2	6:25	5:49	
5	Mon	8:11	3.2	9:04	2.7	2:29	0.2	3:33	0.0	6:23	5:50	
6	Tue	9:28	3.4	10:09	3.0	3:35	-0.1	4:29	-0.3	6:21	5:52	
7	Wed	10:31	3.6	11:05	3.3	4:35	-0.3	5:22	-0.5	6:20	5:53	
8	Thu	11:25	3.8	11:56	3.5	5:31	-0.5	6:13	-0.7	6:18	5:54	
9	Fri			12:15	3.8	6:26	-0.7	7:02	-0.8	6:16	5:55	
10	Sat	12:45	3.7	1:04	3.8	7:18	-0.8	7:49	-0.8	6:15	5:56	
11	Sun	1:34	3.7	1:54	3.7	8:07	-0.7	8:33	-0.8	6:13	5:57	
12	Mon	2:24	3.7	2:45	3.5	8:55	-0.6	9:17	-0.5	6:11	5:58	
13	Tue	3:14	3.6	3:38	3.2	9:42	-0.4	10:01	-0.3	6:10	6:00	
14	Wed	4:06	3.4	4:31	3.0	10:33	-0.1	10:49	0.1	6:08	6:01	
15	Thu	4:57	3.2	5:25	2.7	11:29	0.2	11:44	0.4	6:06	6:02	
16	Fri	5:48	3.0	6:18	2.6			12:32	0.4	6:05	6:03	
17	Sat	6:40	2.9	7:14	2.4	12:46	0.6	1:36	0.5	6:03	6:04	
18	Sun	7:37	2.8	8:16	2.4	1:48	0.7	2:35	0.5	6:01	6:05	
19	Mon	8:39	2.8	9:17	2.5	2:47	0.6	3:27	0.4	6:00	6:06	
20	Tue	9:38	2.9	10:10	2.6	3:39	0.5	4:14	0.3	5:58	6:07	
21	Wed	10:27	3.0	10:54	2.8	4:26	0.4	4:57	0.2	5:56	6:09	
22	Thu	11:09	3.1	11:32	3.0	5:11	0.3	5:38	0.0	5:54	6:10	
23	Fri	11:47	3.2			5:54	0.1	6:17	-0.1	5:53	6:11	
24	Sat	12:07	3.1	12:22	3.2	6:36	0.0	6:55	-0.1	5:51	6:12	
25	Sun	12:39	3.2	12:55	3.2	7:16	-0.1	7:30	-0.2	5:49	6:13	
26	Mon	1:08	3.3	1:28	3.2	7:54	-0.1	8:03	-0.1	5:48	6:14	
27	Tue	1:35	3.3	2:01	3.1	8:31	-0.1	8:35	-0.1	5:46	6:15	
28	Wed	2:07	3.3	2:40	3.0	9:08	0.0	9:07	0.0	5:44	6:16	
29	Thu	2:45	3.3	3:27	2.9	9:48	0.1	9:42	0.1	5:42	6:17	
30	Fri	3:33	3.3	4:23	2.8	10:37	0.2	10:27	0.3	5:41	6:18	
31	Sat	4:30	3.3	5:24	2.7	11:45	0.3	11:33	0.4	5:39	6:20	