

Poughkeepsie, NY - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:10	2.6	9:01	2.2	2:14	0.7	3:21	0.5	6:29	5:46	
2	Tue	9:17	2.7	9:58	2.4	3:12	0.6	4:10	0.3	6:27	5:47	
3	Wed	10:10	2.9	10:45	2.6	4:03	0.4	4:55	0.2	6:26	5:48	
4	Thu	10:54	3.1	11:25	2.8	4:51	0.2	5:38	0.0	6:24	5:50	
5	Fri	11:32	3.2			5:37	0.1	6:19	-0.2	6:23	5:51	
6	Sat	12:01	3.0	12:08	3.4	6:22	-0.1	6:58	-0.3	6:21	5:52	
7	Sun	12:36	3.2	12:44	3.4	7:06	-0.3	7:36	-0.4	6:19	5:53	
8	Mon	1:11	3.3	1:22	3.4	7:49	-0.4	8:13	-0.4	6:18	5:54	
9	Tue	1:50	3.4	2:04	3.3	8:32	-0.4	8:50	-0.4	6:16	5:55	
10	Wed	2:33	3.5	2:51	3.1	9:16	-0.3	9:28	-0.3	6:14	5:56	
11	Thu	3:22	3.5	3:46	2.9	10:05	-0.2	10:11	-0.1	6:13	5:58	
12	Fri	4:17	3.4	4:46	2.8	11:04	0.0	11:07	0.1	6:11	5:59	
13	Sat	5:18	3.3	5:51	2.6			12:16	0.2	6:09	6:00	
14	Sun	6:21	3.2	6:59	2.6	12:23	0.3	1:31	0.2	6:08	6:01	
15	Mon	7:31	3.1	8:13	2.6	1:42	0.3	2:39	0.1	6:06	6:02	
16	Tue	8:46	3.2	9:26	2.8	2:52	0.2	3:39	0.0	6:04	6:03	
17	Wed	9:53	3.3	10:26	3.0	3:53	0.1	4:32	-0.2	6:02	6:04	
18	Thu	10:47	3.4	11:15	3.2	4:49	-0.1	5:22	-0.3	6:01	6:05	
19	Fri	11:34	3.5	11:59	3.4	5:40	-0.2	6:08	-0.4	5:59	6:07	
20	Sat			12:18	3.5	6:29	-0.3	6:51	-0.4	5:57	6:08	
21	Sun	12:40	3.5	12:59	3.4	7:14	-0.3	7:32	-0.4	5:56	6:09	
22	Mon	1:20	3.5	1:40	3.3	7:57	-0.3	8:09	-0.3	5:54	6:10	
23	Tue	1:58	3.4	2:22	3.1	8:37	-0.2	8:43	-0.1	5:52	6:11	
24	Wed	2:36	3.3	3:06	2.9	9:16	0.0	9:15	0.1	5:51	6:12	
25	Thu	3:15	3.2	3:52	2.7	9:55	0.2	9:45	0.3	5:49	6:13	
26	Fri	3:55	3.0	4:41	2.5	10:37	0.4	10:16	0.6	5:47	6:14	
27	Sat	4:38	2.9	5:30	2.4	11:31	0.6	10:56	0.8	5:45	6:15	
28	Sun	5:25	2.8	6:22	2.3			12:37	0.7	5:44	6:17	
29	Mon	6:15	2.7	7:18	2.3	12:06	0.9	1:44	0.7	5:42	6:18	
30	Tue	7:14	2.7	8:20	2.4	1:31	0.9	2:41	0.6	5:40	6:19	
31	Wed	8:23	2.7	9:20	2.5	2:37	0.8	3:31	0.5	5:39	6:20	