

Poughkeepsie, NY - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:01	3.1	11:26	2.9	4:55	0.1	5:37	-0.2	6:30	5:45	
2	Fri	11:43	3.2			5:43	0.0	6:20	-0.2	6:28	5:46	
3	Sat	12:06	3.1	12:21	3.2	6:27	-0.1	6:59	-0.3	6:27	5:47	
4	Sun	12:44	3.1	12:57	3.2	7:09	-0.1	7:35	-0.2	6:25	5:49	
5	Mon	1:21	3.2	1:32	3.1	7:47	-0.1	8:08	-0.2	6:24	5:50	
6	Tue	1:56	3.2	2:07	2.9	8:24	-0.1	8:38	-0.1	6:22	5:51	
7	Wed	2:30	3.1	2:41	2.8	8:58	0.0	9:05	0.1	6:20	5:52	
8	Thu	3:03	3.0	3:16	2.6	9:31	0.2	9:29	0.2	6:19	5:53	
9	Fri	3:36	2.9	3:53	2.5	10:05	0.3	9:53	0.4	6:17	5:54	
10	Sat	4:11	2.8	4:36	2.3	10:46	0.5	10:25	0.5	6:15	5:56	
11	Sun	5:54	2.8	6:26	2.2			12:48	0.6	7:14	6:57	
12	Mon	6:45	2.8	7:24	2.2	12:14	0.7	2:11	0.6	7:12	6:58	
13	Tue	7:46	2.8	8:33	2.2	1:45	0.7	3:20	0.5	7:10	6:59	
14	Wed	8:59	2.9	9:48	2.4	3:16	0.6	4:18	0.3	7:09	7:00	
15	Thu	10:13	3.1	10:51	2.7	4:21	0.4	5:09	0.1	7:07	7:01	
16	Fri	11:12	3.3	11:41	3.1	5:18	0.1	5:57	-0.2	7:05	7:02	
17	Sat			12:02	3.6	6:12	-0.2	6:44	-0.4	7:04	7:04	
18	Sun	12:27	3.4	12:49	3.7	7:04	-0.5	7:30	-0.6	7:02	7:05	
19	Mon	1:11	3.7	1:35	3.7	7:56	-0.6	8:15	-0.7	7:00	7:06	
20	Tue	1:57	3.9	2:24	3.6	8:46	-0.7	9:00	-0.7	6:59	7:07	
21	Wed	2:45	3.9	3:15	3.5	9:35	-0.7	9:45	-0.6	6:57	7:08	
22	Thu	3:36	3.8	4:11	3.3	10:25	-0.5	10:31	-0.4	6:55	7:09	
23	Fri	4:31	3.7	5:11	3.0	11:19	-0.3	11:21	-0.1	6:53	7:10	
24	Sat	5:31	3.5	6:13	2.9			12:21	0.0	6:52	7:11	
25	Sun	6:32	3.2	7:14	2.7	12:23	0.2	1:30	0.2	6:50	7:12	
26	Mon	7:34	3.0	8:17	2.6	1:35	0.5	2:39	0.3	6:48	7:14	
27	Tue	8:39	2.9	9:23	2.6	2:46	0.5	3:42	0.3	6:47	7:15	
28	Wed	9:47	2.9	10:25	2.8	3:50	0.5	4:36	0.2	6:45	7:16	
29	Thu	10:48	3.0	11:17	2.9	4:46	0.4	5:23	0.1	6:43	7:17	
30	Fri	11:36	3.0			5:35	0.3	6:06	0.1	6:42	7:18	
31	Sat	12:00	3.1	12:17	3.1	6:20	0.2	6:45	0.0	6:40	7:19	