

Poughkeepsie, NY - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:06	2.6	7:47	2.1	1:08	0.8	2:19	0.6	6:29	5:46	
2	Sun	8:11	2.6	8:56	2.2	2:18	0.7	3:15	0.5	6:27	5:47	
3	Mon	9:16	2.8	9:54	2.4	3:16	0.6	4:04	0.3	6:26	5:48	
4	Tue	10:09	3.0	10:39	2.6	4:08	0.4	4:49	0.1	6:24	5:50	
5	Wed	10:53	3.2	11:18	2.9	4:56	0.2	5:32	-0.1	6:22	5:51	
6	Thu	11:33	3.4	11:54	3.2	5:43	-0.1	6:14	-0.3	6:21	5:52	
7	Fri			12:12	3.5	6:30	-0.3	6:55	-0.5	6:19	5:53	
8	Sat	12:31	3.4	12:52	3.5	7:16	-0.4	7:35	-0.5	6:18	5:54	
9	Sun	1:10	3.6	2:35	3.4	9:01	-0.5	9:14	-0.6	7:16	6:55	
10	Mon	2:52	3.6	3:22	3.3	9:47	-0.5	9:54	-0.5	7:14	6:56	
11	Tue	3:40	3.6	4:15	3.1	10:34	-0.3	10:37	-0.3	7:13	6:58	
12	Wed	4:35	3.5	5:15	2.9	11:28	-0.1	11:27	-0.1	7:11	6:59	
13	Thu	5:35	3.4	6:18	2.8			12:34	0.1	7:09	7:00	
14	Fri	6:39	3.3	7:23	2.7	12:32	0.1	1:47	0.2	7:08	7:01	
15	Sat	7:45	3.1	8:30	2.6	1:50	0.3	2:58	0.2	7:06	7:02	
16	Sun	8:57	3.1	9:42	2.7	3:04	0.3	4:01	0.1	7:04	7:03	
17	Mon	10:09	3.1	10:46	2.9	4:09	0.2	4:56	-0.1	7:02	7:04	
18	Tue	11:09	3.2	11:39	3.1	5:07	0.1	5:46	-0.2	7:01	7:06	
19	Wed	11:59	3.3			5:59	-0.1	6:32	-0.3	6:59	7:07	
20	Thu	12:24	3.3	12:42	3.3	6:48	-0.2	7:15	-0.3	6:57	7:08	
21	Fri	1:05	3.4	1:22	3.3	7:33	-0.2	7:56	-0.3	6:56	7:09	
22	Sat	1:43	3.5	2:00	3.2	8:16	-0.2	8:33	-0.2	6:54	7:10	
23	Sun	2:20	3.5	2:39	3.1	8:57	-0.2	9:08	-0.1	6:52	7:11	
24	Mon	2:57	3.4	3:18	2.9	9:34	-0.1	9:40	0.1	6:50	7:12	
25	Tue	3:33	3.3	3:59	2.7	10:11	0.0	10:10	0.3	6:49	7:13	
26	Wed	4:11	3.1	4:42	2.6	10:47	0.2	10:37	0.5	6:47	7:14	
27	Thu	4:51	3.0	5:30	2.4	11:27	0.4	11:06	0.6	6:45	7:15	
28	Fri	5:35	2.9	6:20	2.3			12:18	0.6	6:44	7:17	
29	Sat	6:24	2.8	7:11	2.3			1:26	0.7	6:42	7:18	
30	Sun	7:16	2.7	8:06	2.3	1:03	0.9	2:34	0.7	6:40	7:19	
31	Mon	8:16	2.7	9:09	2.4	2:36	0.9	3:33	0.6	6:39	7:20	