

Poughkeepsie, NY - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:46	3.3	3:17	2.8	9:41	-0.1	9:40	-0.1	6:29	5:46	
2	Mon	3:33	3.3	4:12	2.7	10:30	0.1	10:23	0.0	6:28	5:47	
3	Tue	4:30	3.2	5:13	2.6	11:37	0.2	11:24	0.2	6:26	5:48	
4	Wed	5:33	3.2	6:19	2.5			12:56	0.3	6:24	5:49	
5	Thu	6:41	3.1	7:30	2.6	12:49	0.3	2:08	0.2	6:23	5:50	
6	Fri	7:57	3.1	8:46	2.7	2:09	0.2	3:12	0.0	6:21	5:52	
7	Sat	9:13	3.2	9:53	3.0	3:17	0.0	4:08	-0.2	6:20	5:53	
8	Sun	11:17	3.4	11:49	3.3	5:17	-0.2	6:00	-0.4	7:18	6:54	
9	Mon			12:09	3.5	6:13	-0.4	6:49	-0.6	7:16	6:55	
10	Tue	12:38	3.5	12:57	3.6	7:05	-0.5	7:36	-0.7	7:15	6:56	
11	Wed	1:23	3.6	1:42	3.6	7:55	-0.6	8:21	-0.7	7:13	6:57	
12	Thu	2:08	3.7	2:26	3.5	8:42	-0.6	9:02	-0.5	7:11	6:58	
13	Fri	2:51	3.6	3:11	3.3	9:26	-0.5	9:42	-0.4	7:10	7:00	
14	Sat	3:35	3.5	3:58	3.0	10:09	-0.3	10:20	-0.1	7:08	7:01	
15	Sun	4:20	3.3	4:47	2.8	10:52	0.0	10:57	0.2	7:06	7:02	
16	Mon	5:07	3.1	5:38	2.6	11:38	0.2	11:38	0.5	7:05	7:03	
17	Tue	5:56	3.0	6:30	2.4			12:33	0.5	7:03	7:04	
18	Wed	6:46	2.8	7:22	2.3	12:30	0.7	1:37	0.6	7:01	7:05	
19	Thu	7:39	2.7	8:19	2.3	1:40	0.8	2:41	0.6	6:59	7:06	
20	Fri	8:38	2.6	9:21	2.3	2:49	0.8	3:38	0.6	6:58	7:07	
21	Sat	9:42	2.7	10:21	2.5	3:49	0.7	4:28	0.5	6:56	7:09	
22	Sun	10:39	2.8	11:10	2.7	4:41	0.6	5:12	0.3	6:54	7:10	
23	Mon	11:26	3.0	11:50	2.9	5:28	0.4	5:54	0.1	6:53	7:11	
24	Tue			12:05	3.1	6:12	0.2	6:33	0.0	6:51	7:12	
25	Wed	12:25	3.1	12:42	3.2	6:56	0.0	7:12	-0.1	6:49	7:13	
26	Thu	12:57	3.3	1:17	3.2	7:40	-0.1	7:51	-0.2	6:47	7:14	
27	Fri	1:28	3.5	1:53	3.2	8:22	-0.2	8:28	-0.2	6:46	7:15	
28	Sat	2:02	3.6	2:32	3.2	9:04	-0.3	9:06	-0.2	6:44	7:16	
29	Sun	2:40	3.6	3:16	3.1	9:47	-0.3	9:44	-0.2	6:42	7:17	
30	Mon	3:24	3.6	4:09	2.9	10:32	-0.2	10:26	0.0	6:41	7:18	
31	Tue	4:18	3.5	5:10	2.8	11:24	0.0	11:16	0.1	6:39	7:20	