

Poughkeepsie, NY - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:36	3.7	12:55	3.8	7:11	-0.8	7:39	-0.9	6:30	5:45	
2	Tue	1:25	3.8	1:45	3.6	8:01	-0.8	8:24	-0.8	6:28	5:47	
3	Wed	2:14	3.8	2:36	3.4	8:49	-0.7	9:09	-0.6	6:26	5:48	
4	Thu	3:06	3.6	3:30	3.2	9:38	-0.5	9:54	-0.3	6:25	5:49	
5	Fri	3:59	3.4	4:26	2.9	10:29	-0.2	10:43	0.0	6:23	5:50	
6	Sat	4:52	3.2	5:22	2.7	11:27	0.1	11:40	0.3	6:22	5:51	
7	Sun	5:46	3.0	6:17	2.5			12:32	0.3	6:20	5:52	
8	Mon	6:41	2.9	7:15	2.4	12:45	0.5	1:38	0.4	6:18	5:54	
9	Tue	7:40	2.8	8:18	2.4	1:50	0.6	2:38	0.4	6:17	5:55	
10	Wed	8:44	2.8	9:20	2.5	2:50	0.6	3:30	0.3	6:15	5:56	
11	Thu	9:42	2.8	10:12	2.6	3:42	0.5	4:16	0.2	6:13	5:57	
12	Fri	10:30	3.0	10:55	2.8	4:29	0.3	4:58	0.1	6:12	5:58	
13	Sat	11:12	3.1	11:33	3.0	5:14	0.2	5:38	0.0	6:10	5:59	
14	Sun			12:49	3.1	6:57	0.1	7:16	-0.1	7:08	7:00	
15	Mon	1:08	3.1	1:24	3.1	7:38	0.0	7:52	-0.1	7:07	7:02	
16	Tue	1:39	3.2	1:57	3.1	8:17	-0.1	8:27	-0.1	7:05	7:03	
17	Wed	2:07	3.2	2:28	3.0	8:55	-0.1	8:59	-0.1	7:03	7:04	
18	Thu	2:33	3.3	3:00	2.9	9:30	-0.1	9:29	0.0	7:02	7:05	
19	Fri	3:01	3.3	3:35	2.8	10:05	0.0	9:59	0.1	7:00	7:06	
20	Sat	3:37	3.3	4:18	2.7	10:43	0.1	10:32	0.2	6:58	7:07	
21	Sun	4:22	3.2	5:12	2.6	11:28	0.2	11:14	0.3	6:56	7:08	
22	Mon	5:18	3.2	6:13	2.6			12:33	0.4	6:55	7:09	
23	Tue	6:22	3.1	7:17	2.6	12:14	0.4	1:52	0.4	6:53	7:11	
24	Wed	7:30	3.1	8:26	2.7	1:44	0.4	3:02	0.3	6:51	7:12	
25	Thu	8:44	3.2	9:38	2.9	3:06	0.3	4:03	0.1	6:50	7:13	
26	Fri	10:00	3.3	10:43	3.2	4:14	0.1	4:57	-0.2	6:48	7:14	
27	Sat	11:04	3.4	11:38	3.6	5:13	-0.2	5:48	-0.4	6:46	7:15	
28	Sun	11:58	3.6			6:09	-0.4	6:38	-0.6	6:45	7:16	
29	Mon	12:27	3.8	12:48	3.7	7:02	-0.6	7:26	-0.7	6:43	7:17	
30	Tue	1:14	4.0	1:36	3.6	7:54	-0.7	8:13	-0.6	6:41	7:18	
31	Wed	2:00	4.0	2:24	3.5	8:43	-0.7	8:58	-0.5	6:39	7:19	