

Poughkeepsie, NY - Mar 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:21	3.1	10:48	2.8	4:19	0.1	4:53	-0.1	6:30	5:45	
2	Wed	11:06	3.2	11:29	3.0	5:07	0.0	5:37	-0.1	6:28	5:46	
3	Thu	11:46	3.2			5:52	0.0	6:17	-0.2	6:27	5:48	
4	Fri	12:08	3.1	12:24	3.2	6:35	-0.1	6:55	-0.2	6:25	5:49	
5	Sat	12:43	3.2	1:00	3.2	7:15	-0.1	7:31	-0.2	6:24	5:50	
6	Sun	1:18	3.2	1:36	3.1	7:53	-0.1	8:04	-0.2	6:22	5:51	
7	Mon	1:50	3.1	2:11	2.9	8:29	-0.1	8:34	-0.1	6:20	5:52	
8	Tue	2:20	3.1	2:46	2.8	9:03	0.1	9:01	0.1	6:19	5:53	
9	Wed	2:48	3.0	3:22	2.6	9:36	0.2	9:27	0.2	6:17	5:55	
10	Thu	3:18	2.9	4:02	2.5	10:10	0.3	9:57	0.3	6:15	5:56	
11	Fri	3:57	2.9	4:48	2.4	10:54	0.5	10:37	0.4	6:14	5:57	
12	Sat	4:47	2.9	5:42	2.4			12:06	0.6	6:12	5:58	
13	Sun	6:44	2.9	7:41	2.4			2:25	0.5	7:10	6:59	
14	Mon	7:48	2.9	8:49	2.5	2:09	0.5	3:30	0.4	7:09	7:00	
15	Tue	9:03	3.0	10:00	2.7	3:28	0.4	4:26	0.1	7:07	7:01	
16	Wed	10:17	3.2	11:00	3.1	4:31	0.1	5:18	-0.1	7:05	7:02	
17	Thu	11:18	3.4	11:51	3.4	5:29	-0.2	6:07	-0.4	7:04	7:04	
18	Fri			12:10	3.6	6:23	-0.5	6:55	-0.6	7:02	7:05	
19	Sat	12:39	3.7	12:59	3.7	7:17	-0.7	7:44	-0.7	7:00	7:06	
20	Sun	1:27	4.0	1:48	3.7	8:10	-0.8	8:31	-0.8	6:59	7:07	
21	Mon	2:15	4.0	2:39	3.6	9:00	-0.8	9:18	-0.7	6:57	7:08	
22	Tue	3:06	4.0	3:33	3.4	9:50	-0.7	10:04	-0.5	6:55	7:09	
23	Wed	4:00	3.8	4:31	3.2	10:40	-0.5	10:53	-0.3	6:53	7:10	
24	Thu	4:58	3.6	5:32	3.0	11:35	-0.2	11:48	0.0	6:52	7:11	
25	Fri	5:56	3.4	6:32	2.9			12:37	0.0	6:50	7:12	
26	Sat	6:55	3.2	7:31	2.7	12:52	0.3	1:43	0.2	6:48	7:14	
27	Sun	7:53	3.0	8:31	2.7	2:01	0.5	2:47	0.3	6:47	7:15	
28	Mon	8:54	2.9	9:33	2.7	3:07	0.5	3:45	0.3	6:45	7:16	
29	Tue	9:56	2.9	10:31	2.8	4:05	0.5	4:36	0.2	6:43	7:17	
30	Wed	10:51	3.0	11:19	3.0	4:57	0.4	5:21	0.2	6:42	7:18	
31	Thu	11:38	3.0			5:43	0.2	6:02	0.1	6:40	7:19	