

Poughkeepsie, NY - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:59	2.9	9:33	2.5	3:03	0.4	3:44	0.2	6:30	5:45	
2	Sat	9:56	2.9	10:25	2.6	3:54	0.3	4:32	0.1	6:28	5:46	
3	Sun	10:44	3.0	11:09	2.7	4:41	0.2	5:16	0.0	6:27	5:48	
4	Mon	11:25	3.2	11:49	2.9	5:26	0.1	5:58	-0.1	6:25	5:49	
5	Tue			12:04	3.2	6:09	0.0	6:37	-0.2	6:24	5:50	
6	Wed	12:25	3.0	12:40	3.2	6:50	0.0	7:15	-0.2	6:22	5:51	
7	Thu	1:00	3.0	1:14	3.2	7:29	-0.1	7:50	-0.2	6:20	5:52	
8	Fri	1:32	3.0	1:46	3.1	8:06	-0.1	8:22	-0.2	6:19	5:53	
9	Sat	2:00	3.0	2:18	3.0	8:40	0.0	8:51	-0.1	6:17	5:55	
10	Sun	3:28	3.0	3:51	2.9	10:14	0.1	10:19	0.0	7:15	6:56	
11	Mon	3:59	3.0	4:30	2.8	10:48	0.2	10:50	0.1	7:14	6:57	
12	Tue	4:40	3.1	5:19	2.7	11:30	0.3	11:28	0.2	7:12	6:58	
13	Wed	5:30	3.1	6:15	2.6			12:33	0.4	7:10	6:59	
14	Thu	6:27	3.1	7:16	2.6	12:23	0.3	1:56	0.4	7:09	7:00	
15	Fri	7:31	3.1	8:25	2.6	1:45	0.4	3:09	0.3	7:07	7:01	
16	Sat	8:45	3.2	9:41	2.8	3:08	0.3	4:12	0.1	7:05	7:03	
17	Sun	10:04	3.3	10:49	3.0	4:17	0.1	5:09	-0.2	7:04	7:04	
18	Mon	11:11	3.5	11:46	3.3	5:17	-0.2	6:02	-0.4	7:02	7:05	
19	Tue			12:06	3.7	6:14	-0.4	6:53	-0.6	7:00	7:06	
20	Wed	12:37	3.6	12:57	3.8	7:09	-0.6	7:42	-0.8	6:58	7:07	
21	Thu	1:26	3.8	1:46	3.8	8:01	-0.8	8:30	-0.8	6:57	7:08	
22	Fri	2:15	3.9	2:36	3.7	8:51	-0.8	9:15	-0.7	6:55	7:09	
23	Sat	3:04	3.8	3:27	3.5	9:40	-0.7	10:00	-0.6	6:53	7:10	
24	Sun	3:54	3.7	4:21	3.3	10:27	-0.5	10:45	-0.3	6:52	7:11	
25	Mon	4:46	3.5	5:16	3.1	11:17	-0.2	11:32	0.1	6:50	7:13	
26	Tue	5:39	3.3	6:11	2.8			12:12	0.1	6:48	7:14	
27	Wed	6:32	3.1	7:05	2.7	12:26	0.4	1:14	0.3	6:47	7:15	
28	Thu	7:25	3.0	8:01	2.5	1:29	0.6	2:18	0.4	6:45	7:16	
29	Fri	8:21	2.9	9:00	2.5	2:33	0.7	3:18	0.5	6:43	7:17	
30	Sat	9:21	2.8	10:01	2.6	3:33	0.7	4:11	0.4	6:41	7:18	
31	Sun	10:21	2.9	10:55	2.7	4:26	0.6	4:58	0.3	6:40	7:19	