

































Poughkeepsie, NY - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:00	2.7	8:42	2.3	2:04	0.6	3:06	0.4	6:30	5:45	
2	Thu	9:06	2.7	9:43	2.4	3:02	0.6	3:58	0.3	6:28	5:46	
3	Fri	10:03	2.8	10:33	2.5	3:54	0.5	4:44	0.2	6:27	5:48	
4	Sat	10:50	2.9	11:16	2.7	4:41	0.3	5:26	0.1	6:25	5:49	
5	Sun	11:29	3.1	11:55	2.9	5:26	0.2	6:06	0.0	6:23	5:50	
6	Mon			12:05	3.1	6:09	0.1	6:44	-0.1	6:22	5:51	
7	Tue	12:30	3.0	12:37	3.2	6:50	0.0	7:20	-0.2	6:20	5:52	
8	Wed	1:03	3.1	1:08	3.1	7:29	-0.1	7:53	-0.2	6:19	5:53	
9	Thu	1:33	3.1	1:37	3.1	8:05	-0.1	8:23	-0.1	6:17	5:55	
10	Fri	2:02	3.1	2:08	3.0	8:41	-0.1	8:51	-0.1	6:15	5:56	
11	Sat	2:33	3.2	2:44	2.8	9:16	0.0	9:19	0.0	6:14	5:57	
12	Sun	4:10	3.2	4:29	2.7	10:55	0.1	10:51	0.1	7:12	6:58	
13	Mon	4:57	3.2	5:23	2.6	11:45	0.2	11:34	0.3	7:10	6:59	
14	Tue	5:52	3.2	6:25	2.5			12:56	0.4	7:09	7:00	
15	Wed	6:55	3.1	7:33	2.5	12:41	0.4	2:19	0.4	7:07	7:01	
16	Thu	8:06	3.1	8:50	2.5	2:18	0.4	3:30	0.2	7:05	7:03	
17	Fri	9:25	3.2	10:09	2.7	3:37	0.3	4:31	0.0	7:03	7:04	
18	Sat	10:38	3.4	11:13	3.0	4:43	0.1	5:26	-0.2	7:02	7:05	
19	Sun	11:37	3.6			5:41	-0.2	6:18	-0.4	7:00	7:06	
20	Mon	12:06	3.4	12:29	3.7	6:37	-0.4	7:07	-0.6	6:58	7:07	
21	Tue	12:55	3.6	1:16	3.8	7:29	-0.6	7:54	-0.7	6:57	7:08	
22	Wed	1:41	3.7	2:03	3.7	8:20	-0.6	8:38	-0.7	6:55	7:09	
23	Thu	2:27	3.8	2:51	3.5	9:07	-0.6	9:21	-0.6	6:53	7:10	
24	Fri	3:12	3.7	3:40	3.3	9:53	-0.4	10:02	-0.3	6:52	7:11	
25	Sat	3:59	3.5	4:31	3.1	10:39	-0.2	10:42	0.0	6:50	7:13	
26	Sun	4:47	3.3	5:25	2.8	11:27	0.1	11:25	0.3	6:48	7:14	
27	Mon	5:37	3.1	6:18	2.6			12:23	0.3	6:46	7:15	
28	Tue	6:28	2.9	7:12	2.5	12:15	0.6	1:26	0.5	6:45	7:16	
29	Wed	7:22	2.8	8:08	2.4	1:19	0.8	2:32	0.6	6:43	7:17	
30	Thu	8:20	2.7	9:09	2.4	2:28	0.9	3:31	0.6	6:41	7:18	
31	Fri	9:25	2.7	10:09	2.5	3:31	0.8	4:22	0.5	6:40	7:19	