

































Poughkeepsie, NY - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:49	2.9	4:00	2.5	10:18	0.4	10:10	0.3	6:29	5:46	
2	Sat	4:28	2.9	4:48	2.3	11:07	0.5	10:50	0.5	6:27	5:47	
3	Sun	5:16	2.9	5:44	2.3			12:25	0.6	6:25	5:49	
4	Mon	6:14	2.9	6:50	2.2			1:47	0.5	6:24	5:50	
5	Tue	7:23	2.9	8:09	2.3	1:34	0.5	2:54	0.3	6:22	5:51	
6	Wed	8:43	3.1	9:26	2.6	2:53	0.4	3:52	0.1	6:21	5:52	
7	Thu	9:53	3.3	10:26	2.9	3:56	0.1	4:44	-0.2	6:19	5:53	
8	Fri	10:49	3.6	11:17	3.3	4:54	-0.2	5:34	-0.5	6:17	5:54	
9	Sat	11:39	3.8			5:49	-0.5	6:23	-0.7	6:16	5:55	
10	Sun	12:04	3.5	1:27	3.8	7:42	-0.7	8:09	-0.8	7:14	6:57	
11	Mon	1:52	3.7	2:16	3.8	8:34	-0.8	8:55	-0.8	7:12	6:58	
12	Tue	2:40	3.8	3:06	3.6	9:23	-0.7	9:39	-0.7	7:11	6:59	
13	Wed	3:30	3.8	3:59	3.4	10:12	-0.6	10:23	-0.5	7:09	7:00	
14	Thu	4:23	3.6	4:56	3.1	11:03	-0.3	11:10	-0.2	7:07	7:01	
15	Fri	5:18	3.4	5:54	2.9			12:00	-0.1	7:06	7:02	
16	Sat	6:14	3.2	6:52	2.7	12:03	0.1	1:05	0.2	7:04	7:03	
17	Sun	7:11	3.0	7:51	2.5	1:07	0.4	2:15	0.3	7:02	7:05	
18	Mon	8:12	2.9	8:55	2.5	2:17	0.6	3:20	0.4	7:01	7:06	
19	Tue	9:18	2.8	10:00	2.5	3:23	0.6	4:17	0.3	6:59	7:07	
20	Wed	10:24	2.8	10:57	2.7	4:21	0.5	5:07	0.3	6:57	7:08	
21	Thu	11:17	2.9	11:43	2.8	5:11	0.4	5:51	0.2	6:55	7:09	
22	Fri			12:00	3.0	5:58	0.3	6:31	0.1	6:54	7:10	
23	Sat	12:23	3.0	12:38	3.1	6:41	0.2	7:09	0.0	6:52	7:11	
24	Sun	1:00	3.2	1:13	3.1	7:23	0.1	7:45	0.0	6:50	7:12	
25	Mon	1:34	3.3	1:46	3.1	8:03	0.0	8:19	0.0	6:49	7:13	
26	Tue	2:06	3.3	2:18	3.0	8:40	0.0	8:51	0.0	6:47	7:14	
27	Wed	2:35	3.3	2:47	2.9	9:16	0.0	9:20	0.1	6:45	7:16	
28	Thu	3:02	3.3	3:17	2.8	9:49	0.1	9:46	0.2	6:43	7:17	
29	Fri	3:29	3.2	3:51	2.6	10:23	0.2	10:11	0.3	6:42	7:18	
30	Sat	4:04	3.2	4:35	2.5	11:00	0.3	10:43	0.5	6:40	7:19	
31	Sun	4:49	3.1	5:29	2.5	11:48	0.4	11:26	0.6	6:38	7:20	