

































Poughkeepsie, NY - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:03	3.5	1:26	3.6	7:47	-0.6	8:09	-0.7	6:29	5:46	
2	Sun	1:49	3.6	2:14	3.5	8:35	-0.6	8:51	-0.7	6:27	5:47	
3	Mon	2:38	3.6	3:07	3.3	9:23	-0.5	9:34	-0.5	6:26	5:48	
4	Tue	3:32	3.6	4:05	3.1	10:16	-0.3	10:22	-0.3	6:24	5:49	
5	Wed	4:29	3.4	5:05	2.8	11:18	0.0	11:20	0.0	6:23	5:51	
6	Thu	5:29	3.3	6:07	2.7			12:29	0.1	6:21	5:52	
7	Fri	6:31	3.1	7:12	2.6	12:31	0.2	1:40	0.2	6:19	5:53	
8	Sat	7:39	3.0	8:22	2.5	1:44	0.3	2:46	0.2	6:18	5:54	
9	Sun	9:52	3.0	10:30	2.7	3:51	0.3	4:44	0.1	7:16	6:55	
10	Mon	10:56	3.0	11:27	2.8	4:50	0.2	5:36	0.0	7:14	6:56	
11	Tue	11:47	3.1			5:42	0.1	6:22	-0.1	7:13	6:57	
12	Wed	12:13	3.0	12:30	3.2	6:30	0.0	7:05	-0.2	7:11	6:59	
13	Thu	12:54	3.2	1:09	3.3	7:15	-0.1	7:44	-0.2	7:09	7:00	
14	Fri	1:31	3.3	1:46	3.2	7:58	-0.1	8:21	-0.2	7:08	7:01	
15	Sat	2:07	3.3	2:21	3.1	8:37	-0.1	8:55	-0.1	7:06	7:02	
16	Sun	2:42	3.3	2:57	3.0	9:14	-0.1	9:26	0.0	7:04	7:03	
17	Mon	3:16	3.2	3:32	2.8	9:50	0.0	9:54	0.1	7:03	7:04	
18	Tue	3:50	3.1	4:08	2.6	10:23	0.2	10:19	0.3	7:01	7:05	
19	Wed	4:22	3.0	4:47	2.5	10:57	0.3	10:43	0.5	6:59	7:06	
20	Thu	4:58	2.9	5:31	2.4	11:36	0.5	11:13	0.6	6:58	7:08	
21	Fri	5:40	2.8	6:21	2.3			12:33	0.6	6:56	7:09	
22	Sat	6:31	2.8	7:16	2.2			1:53	0.7	6:54	7:10	
23	Sun	7:30	2.8	8:20	2.3	1:23	0.8	3:03	0.6	6:52	7:11	
24	Mon	8:40	2.9	9:32	2.4	3:00	0.7	4:01	0.4	6:51	7:12	
25	Tue	9:53	3.0	10:34	2.7	4:07	0.5	4:52	0.2	6:49	7:13	
26	Wed	10:55	3.2	11:25	3.1	5:03	0.2	5:40	-0.1	6:47	7:14	
27	Thu	11:46	3.5			5:57	-0.1	6:26	-0.3	6:46	7:15	
28	Fri	12:10	3.4	12:33	3.6	6:49	-0.3	7:11	-0.5	6:44	7:16	
29	Sat	12:54	3.7	1:19	3.7	7:40	-0.5	7:57	-0.6	6:42	7:18	
30	Sun	1:38	3.9	2:06	3.6	8:31	-0.7	8:42	-0.6	6:40	7:19	
31	Mon	2:25	4.0	2:57	3.5	9:20	-0.6	9:27	-0.5	6:39	7:20	