

































Poughkeepsie, NY - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:01	3.4	11:29	3.2	4:59	-0.2	5:41	-0.4	6:29	5:46	
2	Mon	11:48	3.5			5:51	-0.3	6:28	-0.5	6:28	5:47	
3	Tue	12:15	3.3	12:31	3.5	6:40	-0.4	7:11	-0.6	6:26	5:48	
4	Wed	12:57	3.4	1:13	3.4	7:26	-0.4	7:51	-0.5	6:25	5:49	
5	Thu	1:38	3.4	1:54	3.3	8:08	-0.4	8:28	-0.4	6:23	5:50	
6	Fri	2:19	3.3	2:36	3.0	8:49	-0.2	9:03	-0.2	6:21	5:51	
7	Sat	3:00	3.2	3:20	2.8	9:28	0.0	9:36	0.1	6:20	5:53	
8	Sun	4:42	3.1	5:06	2.6	11:08	0.2	11:07	0.3	7:18	6:54	
9	Mon	5:26	2.9	5:53	2.4	11:53	0.4	11:40	0.5	7:16	6:55	
10	Tue	6:11	2.8	6:43	2.3			12:50	0.6	7:15	6:56	
11	Wed	6:59	2.7	7:35	2.2	12:29	0.7	1:59	0.7	7:13	6:57	
12	Thu	7:52	2.6	8:36	2.2	1:52	0.8	3:04	0.7	7:11	6:58	
13	Fri	8:56	2.6	9:43	2.2	3:05	0.8	4:01	0.5	7:10	6:59	
14	Sat	10:02	2.7	10:41	2.4	4:05	0.7	4:50	0.4	7:08	7:01	
15	Sun	10:57	2.9	11:27	2.7	4:57	0.5	5:34	0.2	7:06	7:02	
16	Mon	11:41	3.1			5:45	0.3	6:17	0.0	7:05	7:03	
17	Tue	12:06	2.9	12:21	3.3	6:31	0.0	6:58	-0.2	7:03	7:04	
18	Wed	12:41	3.2	12:59	3.4	7:17	-0.2	7:38	-0.3	7:01	7:05	
19	Thu	1:16	3.4	1:38	3.4	8:03	-0.3	8:18	-0.4	7:00	7:06	
20	Fri	1:53	3.6	2:19	3.4	8:48	-0.4	8:57	-0.4	6:58	7:07	
21	Sat	2:34	3.7	3:05	3.3	9:33	-0.4	9:37	-0.4	6:56	7:08	
22	Sun	3:19	3.7	3:57	3.1	10:19	-0.3	10:19	-0.3	6:55	7:10	
23	Mon	4:12	3.6	4:56	2.9	11:11	-0.2	11:07	0.0	6:53	7:11	
24	Tue	5:12	3.5	6:00	2.8			12:13	0.1	6:51	7:12	
25	Wed	6:17	3.3	7:05	2.7	12:09	0.2	1:25	0.2	6:49	7:13	
26	Thu	7:24	3.2	8:11	2.7	1:27	0.3	2:37	0.2	6:48	7:14	
27	Fri	8:34	3.1	9:21	2.8	2:44	0.4	3:41	0.1	6:46	7:15	
28	Sat	9:47	3.1	10:27	3.0	3:52	0.3	4:38	0.0	6:44	7:16	
29	Sun	10:50	3.2	11:22	3.2	4:51	0.1	5:28	-0.1	6:43	7:17	
30	Mon	11:42	3.3			5:44	0.0	6:15	-0.2	6:41	7:18	
31	Tue	12:09	3.4	12:27	3.3	6:33	-0.1	6:59	-0.3	6:39	7:19	