

































## Poughkeepsie, NY - Mar 2028

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:56	3.0	3:26	2.6	9:46	0.2	9:40	0.1	6:29	5:46	
2	Thu	3:33	3.0	4:12	2.5	10:25	0.3	10:16	0.3	6:27	5:47	
3	Fri	4:22	3.0	5:07	2.4	11:25	0.5	11:06	0.4	6:25	5:49	
4	Sat	5:19	3.0	6:08	2.4			12:51	0.5	6:24	5:50	
5	Sun	6:23	3.0	7:18	2.4	12:26	0.4	2:06	0.4	6:22	5:51	
6	Mon	7:37	3.1	8:35	2.6	1:57	0.3	3:09	0.2	6:21	5:52	
7	Tue	8:57	3.2	9:43	2.9	3:08	0.1	4:04	-0.1	6:19	5:53	
8	Wed	10:04	3.4	10:39	3.2	4:10	-0.2	4:55	-0.4	6:17	5:54	
9	Thu	10:59	3.6	11:30	3.6	5:07	-0.4	5:45	-0.6	6:16	5:55	
10	Fri	11:49	3.7			6:01	-0.6	6:34	-0.8	6:14	5:57	
11	Sat	12:18	3.8	12:38	3.8	6:54	-0.8	7:21	-0.8	6:12	5:58	
12	Sun	1:06	3.9	2:27	3.6	8:45	-0.8	9:06	-0.8	7:11	6:59	
13	Mon	2:54	3.9	3:18	3.5	9:34	-0.7	9:51	-0.6	7:09	7:00	
14	Tue	3:45	3.8	4:12	3.2	10:22	-0.5	10:36	-0.3	7:07	7:01	
15	Wed	4:38	3.6	5:09	3.0	11:13	-0.2	11:24	0.0	7:06	7:02	
16	Thu	5:33	3.3	6:06	2.8			12:10	0.1	7:04	7:03	
17	Fri	6:29	3.1	7:03	2.6	12:20	0.3	1:14	0.3	7:02	7:05	
18	Sat	7:25	2.9	8:01	2.5	1:26	0.5	2:20	0.4	7:00	7:06	
19	Sun	8:23	2.8	9:03	2.4	2:34	0.7	3:22	0.4	6:59	7:07	
20	Mon	9:26	2.8	10:04	2.5	3:36	0.6	4:15	0.4	6:57	7:08	
21	Tue	10:26	2.8	10:58	2.7	4:30	0.5	5:02	0.3	6:55	7:09	
22	Wed	11:17	2.9	11:42	2.9	5:18	0.4	5:44	0.2	6:54	7:10	
23	Thu	11:59	3.0			6:03	0.3	6:23	0.1	6:52	7:11	
24	Fri	12:21	3.1	12:37	3.1	6:46	0.1	7:01	0.0	6:50	7:12	
25	Sat	12:55	3.2	1:13	3.1	7:27	0.0	7:38	0.0	6:49	7:13	
26	Sun	1:27	3.3	1:47	3.1	8:07	0.0	8:13	0.0	6:47	7:15	
27	Mon	1:56	3.3	2:19	3.0	8:45	-0.1	8:45	0.0	6:45	7:16	
28	Tue	2:21	3.3	2:51	2.9	9:21	0.0	9:16	0.1	6:43	7:17	
29	Wed	2:48	3.3	3:26	2.8	9:56	0.0	9:46	0.1	6:42	7:18	
30	Thu	3:21	3.3	4:07	2.7	10:32	0.1	10:18	0.2	6:40	7:19	
31	Fri	4:04	3.3	4:59	2.6	11:15	0.3	10:58	0.4	6:38	7:20	