

































Poughkeepsie, NY - Mar 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:31	3.6	12:49	3.7	7:10	-0.7	7:38	-0.8	6:29	5:46	
2	Fri	1:18	3.8	1:37	3.6	8:00	-0.8	8:22	-0.8	6:27	5:47	
3	Sat	2:08	3.8	2:29	3.4	8:49	-0.7	9:07	-0.7	6:26	5:48	
4	Sun	3:01	3.7	3:26	3.2	9:39	-0.6	9:54	-0.5	6:24	5:49	
5	Mon	3:58	3.6	4:26	3.0	10:35	-0.3	10:48	-0.2	6:23	5:51	
6	Tue	4:57	3.4	5:27	2.8	11:38	0.0	11:53	0.1	6:21	5:52	
7	Wed	5:56	3.2	6:29	2.7			12:47	0.1	6:19	5:53	
8	Thu	6:57	3.1	7:33	2.6	1:03	0.3	1:55	0.2	6:18	5:54	
9	Fri	8:03	3.0	8:41	2.6	2:11	0.3	2:56	0.1	6:16	5:55	
10	Sat	9:08	3.0	9:43	2.7	3:12	0.3	3:50	0.1	6:14	5:56	
11	Sun	11:05	3.1	11:34	2.9	5:06	0.2	5:38	0.0	7:13	6:58	
12	Mon	11:52	3.1			5:54	0.1	6:21	-0.1	7:11	6:59	
13	Tue	12:16	3.0	12:34	3.2	6:40	0.0	7:02	-0.2	7:09	7:00	
14	Wed	12:55	3.2	1:12	3.2	7:23	-0.1	7:40	-0.2	7:08	7:01	
15	Thu	1:30	3.3	1:49	3.2	8:04	-0.1	8:16	-0.2	7:06	7:02	
16	Fri	2:04	3.3	2:25	3.1	8:43	-0.1	8:50	-0.1	7:04	7:03	
17	Sat	2:37	3.3	3:01	3.0	9:19	-0.1	9:21	0.0	7:03	7:04	
18	Sun	3:07	3.2	3:37	2.8	9:54	0.0	9:49	0.1	7:01	7:05	
19	Mon	3:35	3.1	4:14	2.7	10:27	0.2	10:16	0.3	6:59	7:07	
20	Tue	4:04	3.0	4:55	2.5	11:01	0.3	10:45	0.4	6:57	7:08	
21	Wed	4:41	2.9	5:41	2.4	11:42	0.5	11:22	0.5	6:56	7:09	
22	Thu	5:29	2.9	6:32	2.4			12:46	0.6	6:54	7:10	
23	Fri	6:26	2.9	7:29	2.4	12:17	0.6	2:04	0.6	6:52	7:11	
24	Sat	7:29	2.9	8:32	2.5	1:45	0.7	3:11	0.5	6:51	7:12	
25	Sun	8:40	3.0	9:40	2.7	3:09	0.5	4:07	0.2	6:49	7:13	
26	Mon	9:55	3.1	10:41	3.1	4:14	0.3	4:58	0.0	6:47	7:14	
27	Tue	10:58	3.3	11:33	3.4	5:12	0.0	5:47	-0.3	6:46	7:15	
28	Wed	11:52	3.5			6:06	-0.3	6:35	-0.5	6:44	7:16	
29	Thu	12:21	3.8	12:41	3.6	7:00	-0.6	7:23	-0.6	6:42	7:18	
30	Fri	1:07	4.0	1:30	3.7	7:53	-0.7	8:11	-0.7	6:40	7:19	
31	Sat	1:55	4.1	2:20	3.6	8:44	-0.8	8:58	-0.6	6:39	7:20	