

































Poughkeepsie, NY - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:25	3.3	10:54	3.1	4:26	-0.2	5:00	-0.3	6:29	5:46	
2	Sat	11:14	3.4	11:40	3.2	5:18	-0.3	5:48	-0.4	6:28	5:47	
3	Sun	11:58	3.5			6:07	-0.3	6:32	-0.5	6:26	5:48	
4	Mon	12:22	3.3	12:40	3.4	6:53	-0.4	7:14	-0.5	6:25	5:49	
5	Tue	1:02	3.4	1:21	3.3	7:37	-0.4	7:53	-0.4	6:23	5:50	
6	Wed	1:41	3.3	2:02	3.2	8:17	-0.3	8:28	-0.3	6:21	5:51	
7	Thu	2:19	3.2	2:44	3.0	8:56	-0.1	9:02	-0.1	6:20	5:53	
8	Fri	2:58	3.1	3:28	2.8	9:34	0.0	9:33	0.1	6:18	5:54	
9	Sat	3:38	3.0	4:14	2.6	10:14	0.2	10:03	0.3	6:16	5:55	
10	Sun	5:19	2.9	6:02	2.5	11:59	0.5	11:38	0.5	7:15	6:56	
11	Mon	6:03	2.8	6:50	2.4			12:58	0.6	7:13	6:57	
12	Tue	6:49	2.7	7:41	2.3	12:29	0.7	2:06	0.7	7:11	6:58	
13	Wed	7:40	2.6	8:39	2.3	1:49	0.7	3:09	0.6	7:10	7:00	
14	Thu	8:43	2.7	9:42	2.4	3:03	0.7	4:03	0.5	7:08	7:01	
15	Fri	9:51	2.8	10:38	2.7	4:03	0.5	4:51	0.3	7:06	7:02	
16	Sat	10:49	3.0	11:24	2.9	4:56	0.3	5:36	0.0	7:05	7:03	
17	Sun	11:36	3.2			5:45	0.0	6:20	-0.2	7:03	7:04	
18	Mon	12:06	3.2	12:19	3.4	6:34	-0.2	7:04	-0.3	7:01	7:05	
19	Tue	12:45	3.5	1:01	3.5	7:23	-0.4	7:47	-0.5	7:00	7:06	
20	Wed	1:26	3.7	1:44	3.5	8:12	-0.6	8:31	-0.6	6:58	7:07	
21	Thu	2:09	3.8	2:31	3.4	9:00	-0.6	9:14	-0.5	6:56	7:08	
22	Fri	2:56	3.9	3:22	3.3	9:47	-0.6	9:58	-0.5	6:54	7:10	
23	Sat	3:49	3.8	4:20	3.2	10:37	-0.5	10:47	-0.3	6:53	7:11	
24	Sun	4:47	3.7	5:23	3.0	11:33	-0.2	11:43	0.0	6:51	7:12	
25	Mon	5:50	3.5	6:27	2.9			12:37	0.0	6:49	7:13	
26	Tue	6:52	3.3	7:30	2.9	12:52	0.2	1:46	0.1	6:48	7:14	
27	Wed	7:55	3.2	8:34	2.8	2:05	0.3	2:52	0.1	6:46	7:15	
28	Thu	9:01	3.1	9:41	2.9	3:14	0.3	3:52	0.0	6:44	7:16	
29	Fri	10:07	3.1	10:42	3.1	4:15	0.2	4:46	-0.1	6:43	7:17	
30	Sat	11:04	3.2	11:33	3.3	5:10	0.1	5:34	-0.1	6:41	7:18	
31	Sun	11:53	3.3			6:00	0.0	6:19	-0.2	6:39	7:19	