

































## Poughkeepsie, NY - Mar 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:50	3.1	1:55	3.2	8:24	-0.2	8:46	-0.3	6:28	5:46	
2	Fri	2:25	3.2	2:34	3.1	9:03	-0.2	9:19	-0.2	6:27	5:47	
3	Sat	3:06	3.2	3:20	2.9	9:45	-0.1	9:54	-0.1	6:25	5:49	
4	Sun	3:54	3.2	4:14	2.8	10:34	0.0	10:37	0.1	6:24	5:50	
5	Mon	4:48	3.2	5:14	2.7	11:41	0.2	11:40	0.2	6:22	5:51	
6	Tue	5:48	3.2	6:19	2.6			12:59	0.3	6:20	5:52	
7	Wed	6:54	3.2	7:32	2.5	1:04	0.3	2:12	0.2	6:19	5:53	
8	Thu	8:09	3.2	8:51	2.7	2:21	0.2	3:16	0.0	6:17	5:54	
9	Fri	9:24	3.3	10:00	2.9	3:28	0.0	4:14	-0.2	6:15	5:56	
10	Sat	10:26	3.5	10:56	3.2	4:27	-0.2	5:07	-0.4	6:14	5:57	
11	Sun			12:19	3.6	6:23	-0.3	6:57	-0.6	7:12	6:58	
12	Mon	12:46	3.4	1:07	3.7	7:16	-0.5	7:45	-0.6	7:10	6:59	
13	Tue	1:32	3.5	1:52	3.7	8:05	-0.5	8:29	-0.7	7:09	7:00	
14	Wed	2:17	3.6	2:38	3.6	8:52	-0.5	9:11	-0.6	7:07	7:01	
15	Thu	3:01	3.5	3:24	3.4	9:36	-0.4	9:50	-0.4	7:05	7:02	
16	Fri	3:45	3.4	4:11	3.1	10:19	-0.2	10:28	-0.1	7:04	7:04	
17	Sat	4:29	3.3	5:00	2.9	11:03	0.0	11:05	0.2	7:02	7:05	
18	Sun	5:15	3.1	5:50	2.7	11:51	0.3	11:44	0.4	7:00	7:06	
19	Mon	6:01	2.9	6:41	2.5			12:48	0.5	6:59	7:07	
20	Tue	6:49	2.8	7:33	2.4	12:34	0.7	1:52	0.6	6:57	7:08	
21	Wed	7:40	2.7	8:29	2.3	1:40	0.8	2:55	0.6	6:55	7:09	
22	Thu	8:40	2.6	9:32	2.4	2:49	0.8	3:52	0.6	6:53	7:10	
23	Fri	9:46	2.7	10:31	2.5	3:49	0.7	4:42	0.5	6:52	7:11	
24	Sat	10:45	2.8	11:20	2.7	4:42	0.6	5:26	0.3	6:50	7:12	
25	Sun	11:31	3.0			5:29	0.4	6:08	0.1	6:48	7:14	
26	Mon	12:01	2.9	12:10	3.1	6:15	0.2	6:48	0.0	6:47	7:15	
27	Tue	12:37	3.1	12:46	3.3	6:59	0.0	7:27	-0.1	6:45	7:16	
28	Wed	1:10	3.3	1:20	3.3	7:43	-0.1	8:05	-0.2	6:43	7:17	
29	Thu	1:43	3.5	1:56	3.3	8:25	-0.3	8:42	-0.2	6:42	7:18	
30	Fri	2:17	3.6	2:34	3.3	9:07	-0.3	9:18	-0.2	6:40	7:19	
31	Sat	2:56	3.6	3:18	3.1	9:50	-0.3	9:55	-0.1	6:38	7:20	