


































Poughkeepsie, NY - Mar 2045

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 10:50 | 3.6 | 11:22 | 3.3 | 4:52 | -0.3 | 5:37 | -0.6 | 6:29 | 5:46 |  |
| 2 | Thu | 11:41 | 3.7 | | | 5:47 | -0.5 | 6:26 | -0.7 | 6:27 | 5:47 |  |
| 3 | Fri | 12:10 | 3.6 | 12:29 | 3.7 | 6:41 | -0.7 | 7:13 | -0.8 | 6:26 | 5:48 |  |
| 4 | Sat | 12:58 | 3.7 | 1:16 | 3.7 | 7:31 | -0.7 | 7:57 | -0.8 | 6:24 | 5:50 |  |
| 5 | Sun | 1:45 | 3.7 | 2:04 | 3.5 | 8:19 | -0.7 | 8:40 | -0.7 | 6:22 | 5:51 |  |
| 6 | Mon | 2:33 | 3.6 | 2:54 | 3.2 | 9:05 | -0.5 | 9:21 | -0.4 | 6:21 | 5:52 |  |
| 7 | Tue | 3:21 | 3.5 | 3:46 | 3.0 | 9:52 | -0.2 | 10:04 | -0.1 | 6:19 | 5:53 |  |
| 8 | Wed | 4:12 | 3.3 | 4:40 | 2.7 | 10:42 | 0.0 | 10:50 | 0.2 | 6:17 | 5:54 |  |
| 9 | Thu | 5:03 | 3.1 | 5:33 | 2.5 | 11:40 | 0.3 | 11:46 | 0.5 | 6:16 | 5:55 |  |
| 10 | Fri | 5:54 | 2.9 | 6:28 | 2.4 | | | 12:46 | 0.5 | 6:14 | 5:56 |  |
| 11 | Sat | 6:49 | 2.8 | 7:26 | 2.3 | 12:53 | 0.7 | 1:51 | 0.6 | 6:12 | 5:58 |  |
| 12 | Sun | 8:50 | 2.7 | 9:30 | 2.3 | 1:59 | 0.7 | 3:49 | 0.5 | 7:11 | 6:59 |  |
| 13 | Mon | 9:54 | 2.7 | 10:31 | 2.4 | 3:58 | 0.7 | 4:40 | 0.4 | 7:09 | 7:00 |  |
| 14 | Tue | 10:51 | 2.8 | 11:21 | 2.6 | 4:49 | 0.5 | 5:24 | 0.3 | 7:07 | 7:01 |  |
| 15 | Wed | 11:38 | 3.0 | | | 5:36 | 0.4 | 6:05 | 0.1 | 7:06 | 7:02 |  |
| 16 | Thu | 12:03 | 2.8 | 12:17 | 3.1 | 6:20 | 0.2 | 6:45 | 0.0 | 7:04 | 7:03 |  |
| 17 | Fri | 12:39 | 3.0 | 12:53 | 3.1 | 7:03 | 0.1 | 7:22 | -0.1 | 7:02 | 7:04 |  |
| 18 | Sat | 1:11 | 3.1 | 1:26 | 3.2 | 7:44 | 0.0 | 7:58 | -0.1 | 7:01 | 7:06 |  |
| 19 | Sun | 1:40 | 3.2 | 1:58 | 3.1 | 8:23 | -0.1 | 8:32 | -0.2 | 6:59 | 7:07 |  |
| 20 | Mon | 2:08 | 3.3 | 2:31 | 3.0 | 9:01 | -0.1 | 9:04 | -0.1 | 6:57 | 7:08 |  |
| 21 | Tue | 2:36 | 3.4 | 3:06 | 2.9 | 9:38 | -0.1 | 9:35 | -0.1 | 6:56 | 7:09 |  |
| 22 | Wed | 3:10 | 3.4 | 3:47 | 2.8 | 10:16 | 0.0 | 10:08 | 0.0 | 6:54 | 7:10 |  |
| 23 | Thu | 3:52 | 3.4 | 4:38 | 2.7 | 10:59 | 0.1 | 10:47 | 0.2 | 6:52 | 7:11 |  |
| 24 | Fri | 4:45 | 3.3 | 5:38 | 2.6 | 11:54 | 0.3 | 11:37 | 0.3 | 6:50 | 7:12 |  |
| 25 | Sat | 5:47 | 3.2 | 6:43 | 2.6 | | | 1:09 | 0.4 | 6:49 | 7:13 |  |
| 26 | Sun | 6:55 | 3.2 | 7:51 | 2.6 | 12:54 | 0.4 | 2:25 | 0.3 | 6:47 | 7:14 |  |
| 27 | Mon | 8:08 | 3.1 | 9:03 | 2.8 | 2:25 | 0.4 | 3:31 | 0.2 | 6:45 | 7:15 |  |
| 28 | Tue | 9:25 | 3.2 | 10:12 | 3.0 | 3:39 | 0.2 | 4:29 | 0.0 | 6:44 | 7:17 |  |
| 29 | Wed | 10:35 | 3.3 | 11:12 | 3.3 | 4:42 | 0.0 | 5:22 | -0.2 | 6:42 | 7:18 |  |
| 30 | Thu | 11:32 | 3.5 | | | 5:38 | -0.2 | 6:11 | -0.4 | 6:40 | 7:19 |  |
| 31 | Fri | 12:03 | 3.6 | 12:22 | 3.6 | 6:32 | -0.4 | 6:59 | -0.5 | 6:39 | 7:20 |  |