

Poughkeepsie, NY - Mar 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:00	3.1	7:36	2.7	1:05	0.1	2:01	0.1	6:28	5:46	
2	Sat	8:06	3.0	8:43	2.7	2:12	0.1	3:02	0.0	6:27	5:47	
3	Sun	9:12	3.0	9:45	2.8	3:12	0.1	3:57	-0.1	6:25	5:49	
4	Mon	10:10	3.1	10:37	3.0	4:06	0.0	4:46	-0.2	6:24	5:50	
5	Tue	10:58	3.2	11:22	3.1	4:56	-0.1	5:32	-0.2	6:22	5:51	
6	Wed	11:40	3.3			5:43	-0.1	6:14	-0.3	6:20	5:52	
7	Thu	12:02	3.2	12:19	3.3	6:27	-0.2	6:54	-0.3	6:19	5:53	
8	Fri	12:41	3.3	12:56	3.2	7:09	-0.2	7:32	-0.3	6:17	5:54	
9	Sat	1:18	3.3	1:33	3.1	7:48	-0.2	8:07	-0.2	6:15	5:56	
10	Sun	1:54	3.2	3:09	3.0	9:25	-0.1	9:39	-0.1	7:14	6:57	
11	Mon	3:30	3.2	3:45	2.8	10:01	0.0	10:08	0.1	7:12	6:58	
12	Tue	4:05	3.0	4:22	2.7	10:35	0.1	10:35	0.2	7:10	6:59	
13	Wed	4:40	2.9	5:02	2.5	11:10	0.3	11:02	0.4	7:09	7:00	
14	Thu	5:18	2.9	5:46	2.5	11:52	0.4	11:37	0.5	7:07	7:01	
15	Fri	6:01	2.8	6:34	2.4			12:55	0.5	7:05	7:02	
16	Sat	6:52	2.8	7:29	2.4	12:35	0.6	2:09	0.5	7:04	7:03	
17	Sun	7:50	2.8	8:32	2.5	2:10	0.6	3:15	0.4	7:02	7:05	
18	Mon	8:59	2.9	9:42	2.7	3:25	0.5	4:11	0.2	7:00	7:06	
19	Tue	10:09	3.1	10:44	3.0	4:26	0.3	5:03	0.0	6:59	7:07	
20	Wed	11:09	3.4	11:35	3.3	5:21	0.0	5:52	-0.3	6:57	7:08	
21	Thu			12:00	3.6	6:14	-0.3	6:40	-0.5	6:55	7:09	
22	Fri	12:23	3.6	12:48	3.7	7:07	-0.6	7:28	-0.7	6:54	7:10	
23	Sat	1:09	3.9	1:37	3.8	7:59	-0.7	8:16	-0.8	6:52	7:11	
24	Sun	1:57	4.0	2:27	3.7	8:49	-0.8	9:03	-0.8	6:50	7:12	
25	Mon	2:47	4.0	3:21	3.6	9:39	-0.8	9:50	-0.6	6:48	7:13	
26	Tue	3:41	3.9	4:19	3.4	10:30	-0.6	10:39	-0.4	6:47	7:15	
27	Wed	4:39	3.7	5:20	3.2	11:25	-0.4	11:33	-0.1	6:45	7:16	
28	Thu	5:40	3.5	6:20	3.1			12:26	-0.1	6:43	7:17	
29	Fri	6:40	3.3	7:19	3.0	12:36	0.1	1:32	0.1	6:42	7:18	
30	Sat	7:39	3.1	8:19	2.9	1:45	0.3	2:37	0.2	6:40	7:19	
31	Sun	8:41	3.0	9:21	2.9	2:51	0.4	3:37	0.2	6:38	7:20	