

Poughkeepsie, NY - Mar 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:21	3.1	3:40	2.8	9:43	0.0	9:57	0.1	6:29	5:46	
2	Sun	4:06	3.0	4:26	2.7	10:25	0.2	10:33	0.3	6:27	5:47	
3	Mon	4:51	2.9	5:13	2.5	11:13	0.4	11:17	0.5	6:26	5:48	
4	Tue	5:36	2.8	6:01	2.4			12:13	0.5	6:24	5:49	
5	Wed	6:23	2.7	6:53	2.3	12:18	0.6	1:18	0.6	6:22	5:51	
6	Thu	7:16	2.7	7:52	2.3	1:27	0.7	2:18	0.5	6:21	5:52	
7	Fri	8:17	2.7	8:55	2.4	2:28	0.6	3:12	0.4	6:19	5:53	
8	Sat	9:17	2.8	9:50	2.6	3:23	0.5	4:00	0.2	6:18	5:54	
9	Sun	11:09	3.0	11:35	2.8	5:12	0.3	5:46	0.0	7:16	6:55	
10	Mon	11:53	3.2			6:00	0.0	6:30	-0.2	7:14	6:56	
11	Tue	12:14	3.1	12:33	3.4	6:47	-0.2	7:13	-0.4	7:13	6:58	
12	Wed	12:52	3.3	1:13	3.5	7:34	-0.4	7:56	-0.5	7:11	6:59	
13	Thu	1:31	3.5	1:55	3.5	8:20	-0.5	8:38	-0.6	7:09	7:00	
14	Fri	2:12	3.6	2:40	3.5	9:06	-0.6	9:20	-0.6	7:08	7:01	
15	Sat	2:57	3.7	3:30	3.4	9:53	-0.6	10:03	-0.5	7:06	7:02	
16	Sun	3:48	3.7	4:26	3.2	10:42	-0.4	10:50	-0.4	7:04	7:03	
17	Mon	4:45	3.6	5:27	3.1	11:37	-0.2	11:44	-0.2	7:02	7:04	
18	Tue	5:47	3.4	6:29	3.0			12:42	-0.1	7:01	7:05	
19	Wed	6:50	3.3	7:31	2.9	12:51	0.0	1:52	0.0	6:59	7:07	
20	Thu	7:53	3.2	8:35	2.9	2:04	0.1	2:58	0.0	6:57	7:08	
21	Fri	9:01	3.1	9:43	3.0	3:12	0.1	3:59	0.0	6:56	7:09	
22	Sat	10:09	3.2	10:44	3.1	4:14	0.1	4:54	-0.2	6:54	7:10	
23	Sun	11:08	3.3	11:37	3.3	5:10	-0.1	5:44	-0.3	6:52	7:11	
24	Mon	11:58	3.3			6:01	-0.2	6:31	-0.3	6:51	7:12	
25	Tue	12:23	3.5	12:42	3.4	6:50	-0.3	7:16	-0.3	6:49	7:13	
26	Wed	1:05	3.5	1:24	3.4	7:36	-0.3	7:58	-0.3	6:47	7:14	
27	Thu	1:44	3.6	2:04	3.3	8:19	-0.3	8:37	-0.2	6:45	7:15	
28	Fri	2:23	3.5	2:44	3.2	9:00	-0.2	9:14	-0.1	6:44	7:17	
29	Sat	3:02	3.4	3:25	3.0	9:38	-0.1	9:48	0.1	6:42	7:18	
30	Sun	3:41	3.3	4:08	2.9	10:16	0.0	10:20	0.3	6:40	7:19	
31	Mon	4:21	3.1	4:53	2.7	10:53	0.2	10:51	0.4	6:39	7:20	