

Poughkeepsie, NY - Mar 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:13	3.1	2:23	3.0	8:36	-0.1	8:56	-0.1	6:29	5:46	
2	Wed	2:51	3.0	3:00	2.8	9:11	0.1	9:24	0.1	6:27	5:47	
3	Thu	3:28	2.9	3:38	2.6	9:46	0.2	9:50	0.2	6:26	5:48	
4	Fri	4:04	2.9	4:17	2.5	10:22	0.4	10:15	0.4	6:24	5:49	
5	Sat	4:41	2.8	5:00	2.3	11:07	0.5	10:48	0.6	6:22	5:51	
6	Sun	5:21	2.7	5:47	2.2			12:14	0.6	6:21	5:52	
7	Mon	6:08	2.7	6:43	2.2			1:31	0.6	6:19	5:53	
8	Tue	7:06	2.7	7:53	2.2	1:15	0.7	2:36	0.5	6:17	5:54	
9	Wed	8:18	2.8	9:06	2.4	2:32	0.6	3:32	0.3	6:16	5:55	
10	Thu	9:28	3.1	10:05	2.6	3:33	0.4	4:23	0.1	6:14	5:56	
11	Fri	10:24	3.3	10:53	3.0	4:28	0.1	5:11	-0.2	6:12	5:58	
12	Sat	11:12	3.6	11:37	3.3	5:21	-0.2	5:58	-0.4	6:11	5:59	
13	Sun			12:58	3.7	7:12	-0.4	7:43	-0.6	7:09	7:00	
14	Mon	1:21	3.5	1:44	3.8	8:03	-0.6	8:28	-0.7	7:07	7:01	
15	Tue	2:06	3.7	2:32	3.7	8:53	-0.7	9:11	-0.7	7:06	7:02	
16	Wed	2:54	3.8	3:23	3.5	9:41	-0.7	9:55	-0.6	7:04	7:03	
17	Thu	3:45	3.8	4:18	3.3	10:31	-0.5	10:41	-0.4	7:02	7:04	
18	Fri	4:41	3.6	5:17	3.1	11:26	-0.3	11:31	-0.2	7:01	7:05	
19	Sat	5:39	3.5	6:18	2.9			12:28	0.0	6:59	7:07	
20	Sun	6:39	3.3	7:19	2.7	12:32	0.1	1:38	0.2	6:57	7:08	
21	Mon	7:41	3.1	8:23	2.6	1:43	0.3	2:48	0.2	6:56	7:09	
22	Tue	8:48	3.0	9:31	2.6	2:54	0.4	3:51	0.2	6:54	7:10	
23	Wed	9:57	3.0	10:35	2.8	3:58	0.4	4:46	0.1	6:52	7:11	
24	Thu	10:58	3.0	11:28	2.9	4:54	0.3	5:35	0.0	6:50	7:12	
25	Fri	11:47	3.1			5:45	0.2	6:20	0.0	6:49	7:13	
26	Sat	12:12	3.1	12:29	3.2	6:31	0.1	7:01	-0.1	6:47	7:14	
27	Sun	12:51	3.2	1:07	3.2	7:15	0.0	7:40	-0.1	6:45	7:15	
28	Mon	1:28	3.3	1:43	3.2	7:56	-0.1	8:16	-0.1	6:44	7:17	
29	Tue	2:03	3.4	2:18	3.1	8:35	-0.1	8:49	0.0	6:42	7:18	
30	Wed	2:36	3.3	2:52	3.0	9:12	0.0	9:20	0.1	6:40	7:19	
31	Thu	3:08	3.3	3:27	2.8	9:47	0.1	9:47	0.2	6:39	7:20	