

Poughkeepsie, NY - Mar 2080

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:57	3.1	8:50	2.6	2:09	0.2	3:19	0.1	6:28	5:47	
2	Sat	9:17	3.2	9:59	2.8	3:19	0.1	4:17	-0.2	6:26	5:48	
3	Sun	10:22	3.4	10:56	3.1	4:21	-0.2	5:10	-0.4	6:25	5:49	
4	Mon	11:16	3.6	11:46	3.4	5:18	-0.4	6:00	-0.6	6:23	5:50	
5	Tue			12:04	3.7	6:11	-0.5	6:48	-0.7	6:21	5:51	
6	Wed	12:33	3.6	12:51	3.7	7:02	-0.6	7:32	-0.7	6:20	5:52	
7	Thu	1:19	3.6	1:36	3.5	7:50	-0.6	8:15	-0.6	6:18	5:54	
8	Fri	2:04	3.6	2:23	3.3	8:35	-0.5	8:55	-0.5	6:17	5:55	
9	Sat	2:50	3.5	3:11	3.1	9:19	-0.3	9:34	-0.2	6:15	5:56	
10	Sun	4:36	3.3	5:00	2.8	11:04	0.0	11:13	0.1	7:13	6:57	
11	Mon	5:23	3.1	5:52	2.6	11:53	0.2	11:56	0.4	7:12	6:58	
12	Tue	6:12	3.0	6:43	2.4			12:51	0.5	7:10	6:59	
13	Wed	7:02	2.8	7:37	2.3	12:51	0.7	1:57	0.6	7:08	7:00	
14	Thu	7:56	2.7	8:36	2.2	2:00	0.8	3:01	0.6	7:07	7:02	
15	Fri	8:58	2.6	9:42	2.3	3:07	0.8	3:58	0.6	7:05	7:03	
16	Sat	10:03	2.7	10:41	2.4	4:05	0.7	4:47	0.4	7:03	7:04	
17	Sun	10:59	2.8	11:29	2.6	4:56	0.6	5:32	0.3	7:01	7:05	
18	Mon	11:43	3.0			5:42	0.4	6:13	0.1	7:00	7:06	
19	Tue	12:09	2.8	12:22	3.1	6:26	0.2	6:52	0.0	6:58	7:07	
20	Wed	12:43	3.0	12:57	3.2	7:09	0.1	7:30	-0.1	6:56	7:08	
21	Thu	1:14	3.2	1:30	3.2	7:51	-0.1	8:06	-0.2	6:55	7:09	
22	Fri	1:44	3.3	2:04	3.2	8:31	-0.2	8:41	-0.2	6:53	7:11	
23	Sat	2:14	3.4	2:40	3.1	9:11	-0.2	9:15	-0.2	6:51	7:12	
24	Sun	2:49	3.5	3:21	3.0	9:51	-0.2	9:49	-0.1	6:50	7:13	
25	Mon	3:30	3.5	4:09	2.9	10:34	-0.1	10:27	0.0	6:48	7:14	
26	Tue	4:19	3.4	5:07	2.7	11:24	0.1	11:12	0.2	6:46	7:15	
27	Wed	5:18	3.4	6:12	2.7			12:30	0.3	6:44	7:16	
28	Thu	6:24	3.2	7:18	2.6	12:16	0.3	1:47	0.3	6:43	7:17	
29	Fri	7:34	3.2	8:28	2.7	1:43	0.4	2:58	0.3	6:41	7:18	
30	Sat	8:49	3.2	9:40	2.9	3:03	0.4	4:00	0.1	6:39	7:19	
31	Sun	10:04	3.2	10:45	3.1	4:10	0.2	4:56	-0.1	6:38	7:20	