

Poughkeepsie, NY - Mar 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:48	3.4	4:12	3.0	10:13	-0.2	10:32	-0.1	6:28	5:46	
2	Wed	4:39	3.2	5:04	2.8	11:06	0.1	11:23	0.2	6:27	5:48	
3	Thu	5:30	3.0	5:56	2.6			12:05	0.3	6:25	5:49	
4	Fri	6:20	2.9	6:49	2.5	12:22	0.4	1:08	0.4	6:23	5:50	
5	Sat	7:14	2.8	7:46	2.4	1:23	0.5	2:08	0.5	6:22	5:51	
6	Sun	8:13	2.7	8:47	2.4	2:22	0.5	3:02	0.4	6:20	5:52	
7	Mon	9:12	2.8	9:44	2.6	3:15	0.5	3:51	0.3	6:18	5:53	
8	Tue	10:05	2.9	10:32	2.7	4:04	0.3	4:35	0.2	6:17	5:55	
9	Wed	10:50	3.0	11:13	2.9	4:50	0.2	5:17	0.0	6:15	5:56	
10	Thu	11:29	3.2	11:49	3.1	5:34	0.1	5:58	-0.1	6:14	5:57	
11	Fri			12:05	3.2	6:17	-0.1	6:37	-0.2	6:12	5:58	
12	Sat	12:22	3.2	12:39	3.2	6:58	-0.2	7:15	-0.3	6:10	5:59	
13	Sun	12:53	3.2	2:12	3.2	8:38	-0.2	8:51	-0.3	7:09	7:00	
14	Mon	2:22	3.3	2:47	3.2	9:16	-0.2	9:25	-0.2	7:07	7:01	
15	Tue	2:55	3.3	3:25	3.1	9:54	-0.2	9:59	-0.2	7:05	7:02	
16	Wed	3:34	3.3	4:11	3.0	10:35	-0.1	10:36	-0.1	7:03	7:04	
17	Thu	4:21	3.3	5:06	2.9	11:22	0.0	11:21	0.0	7:02	7:05	
18	Fri	5:18	3.3	6:07	2.8			12:24	0.2	7:00	7:06	
19	Sat	6:20	3.2	7:09	2.8	12:22	0.2	1:38	0.2	6:58	7:07	
20	Sun	7:26	3.2	8:16	2.8	1:43	0.2	2:49	0.1	6:57	7:08	
21	Mon	8:37	3.2	9:27	3.0	2:59	0.2	3:52	0.0	6:55	7:09	
22	Tue	9:52	3.3	10:34	3.2	4:05	0.0	4:49	-0.2	6:53	7:10	
23	Wed	10:58	3.4	11:31	3.5	5:05	-0.2	5:41	-0.4	6:52	7:11	
24	Thu	11:53	3.6			6:00	-0.4	6:32	-0.6	6:50	7:13	
25	Fri	12:22	3.7	12:43	3.7	6:53	-0.5	7:21	-0.6	6:48	7:14	
26	Sat	1:09	3.8	1:30	3.7	7:44	-0.6	8:08	-0.6	6:46	7:15	
27	Sun	1:54	3.9	2:16	3.6	8:32	-0.6	8:52	-0.5	6:45	7:16	
28	Mon	2:40	3.8	3:04	3.4	9:18	-0.5	9:35	-0.4	6:43	7:17	
29	Tue	3:26	3.6	3:53	3.2	10:02	-0.4	10:16	-0.1	6:41	7:18	
30	Wed	4:13	3.5	4:44	3.0	10:46	-0.1	10:57	0.2	6:40	7:19	
31	Thu	5:02	3.3	5:36	2.8	11:33	0.1	11:42	0.4	6:38	7:20	