

Poughkeepsie, NY - Mar 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:29	3.0	12:45	3.2	6:57	-0.1	7:19	-0.2	6:29	5:46	
2	Thu	1:04	3.1	1:20	3.2	7:36	-0.1	7:54	-0.2	6:27	5:47	
3	Fri	1:37	3.1	1:54	3.1	8:12	-0.1	8:26	-0.2	6:25	5:48	
4	Sat	2:07	3.0	2:26	3.0	8:47	0.0	8:56	-0.1	6:24	5:50	
5	Sun	2:34	3.0	2:59	2.8	9:19	0.1	9:23	0.0	6:22	5:51	
6	Mon	3:05	3.0	3:37	2.7	9:53	0.2	9:53	0.1	6:21	5:52	
7	Tue	3:44	3.0	4:24	2.6	10:33	0.3	10:32	0.2	6:19	5:53	
8	Wed	4:33	3.0	5:18	2.6	11:35	0.4	11:28	0.3	6:17	5:54	
9	Thu	5:29	3.0	6:18	2.6			12:58	0.4	6:16	5:55	
10	Fri	6:32	3.0	7:25	2.6	12:51	0.4	2:09	0.3	6:14	5:57	
11	Sat	7:44	3.1	8:39	2.8	2:11	0.2	3:11	0.1	6:12	5:58	
12	Sun	10:02	3.3	10:46	3.1	4:18	0.0	5:07	-0.2	7:11	6:59	
13	Mon	11:08	3.5	11:43	3.4	5:17	-0.3	5:59	-0.5	7:09	7:00	
14	Tue			12:03	3.7	6:14	-0.5	6:50	-0.7	7:07	7:01	
15	Wed	12:34	3.7	12:54	3.8	7:08	-0.7	7:40	-0.8	7:06	7:02	
16	Thu	1:23	3.9	1:44	3.8	8:01	-0.8	8:29	-0.9	7:04	7:03	
17	Fri	2:13	3.9	2:35	3.8	8:52	-0.9	9:16	-0.8	7:02	7:04	
18	Sat	3:04	3.9	3:28	3.6	9:41	-0.8	10:02	-0.6	7:00	7:06	
19	Sun	3:56	3.8	4:23	3.4	10:30	-0.6	10:49	-0.4	6:59	7:07	
20	Mon	4:51	3.6	5:20	3.1	11:22	-0.3	11:40	-0.1	6:57	7:08	
21	Tue	5:46	3.4	6:17	2.9			12:19	0.0	6:55	7:09	
22	Wed	6:40	3.2	7:12	2.8	12:37	0.2	1:21	0.2	6:54	7:10	
23	Thu	7:34	3.0	8:08	2.6	1:41	0.5	2:25	0.3	6:52	7:11	
24	Fri	8:31	2.9	9:07	2.6	2:44	0.5	3:24	0.4	6:50	7:12	
25	Sat	9:31	2.9	10:07	2.7	3:42	0.5	4:16	0.3	6:49	7:13	
26	Sun	10:29	2.9	10:59	2.8	4:34	0.4	5:03	0.2	6:47	7:14	
27	Mon	11:19	3.0	11:44	3.0	5:22	0.3	5:46	0.1	6:45	7:16	
28	Tue			12:02	3.1	6:07	0.2	6:27	0.0	6:43	7:17	
29	Wed	12:23	3.1	12:41	3.2	6:50	0.1	7:06	0.0	6:42	7:18	
30	Thu	12:59	3.3	1:18	3.2	7:31	0.0	7:44	-0.1	6:40	7:19	
31	Fri	1:32	3.3	1:53	3.2	8:12	-0.1	8:21	-0.1	6:38	7:20	