

Poughkeepsie, NY - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:36	3.3	2:52	3.1	9:01	-0.3	9:21	-0.2	6:28	5:46	
2	Sat	3:20	3.2	3:38	2.9	9:42	-0.1	9:56	0.0	6:26	5:48	
3	Sun	4:04	3.1	4:24	2.7	10:25	0.2	10:32	0.3	6:25	5:49	
4	Mon	4:49	2.9	5:12	2.5	11:15	0.4	11:13	0.5	6:23	5:50	
5	Tue	5:34	2.8	6:01	2.3			12:15	0.6	6:22	5:51	
6	Wed	6:21	2.7	6:54	2.2	12:10	0.7	1:22	0.6	6:20	5:52	
7	Thu	7:16	2.6	7:57	2.2	1:20	0.8	2:24	0.6	6:18	5:53	
8	Fri	8:20	2.6	9:04	2.2	2:26	0.8	3:18	0.5	6:17	5:55	
9	Sat	9:23	2.8	10:00	2.4	3:22	0.6	4:07	0.3	6:15	5:56	
10	Sun	11:15	2.9	11:45	2.6	5:12	0.5	5:52	0.2	7:13	6:57	
11	Mon	11:58	3.1			5:59	0.3	6:34	0.0	7:12	6:58	
12	Tue	12:23	2.9	12:36	3.3	6:44	0.1	7:15	-0.2	7:10	6:59	
13	Wed	12:57	3.1	1:12	3.4	7:28	-0.1	7:55	-0.3	7:08	7:00	
14	Thu	1:31	3.3	1:49	3.4	8:12	-0.3	8:33	-0.4	7:07	7:01	
15	Fri	2:06	3.4	2:29	3.4	8:55	-0.4	9:10	-0.4	7:05	7:03	
16	Sat	2:45	3.5	3:12	3.3	9:38	-0.4	9:47	-0.4	7:03	7:04	
17	Sun	3:28	3.6	4:02	3.1	10:23	-0.3	10:27	-0.3	7:02	7:05	
18	Mon	4:18	3.5	4:58	2.9	11:14	-0.1	11:12	-0.1	7:00	7:06	
19	Tue	5:15	3.4	6:00	2.8			12:16	0.1	6:58	7:07	
20	Wed	6:18	3.3	7:05	2.7	12:11	0.1	1:29	0.2	6:57	7:08	
21	Thu	7:24	3.2	8:12	2.7	1:28	0.3	2:42	0.2	6:55	7:09	
22	Fri	8:36	3.1	9:25	2.7	2:47	0.3	3:48	0.1	6:53	7:10	
23	Sat	9:51	3.1	10:33	2.9	3:55	0.2	4:46	0.0	6:51	7:11	
24	Sun	10:57	3.3	11:30	3.1	4:56	0.1	5:38	-0.2	6:50	7:13	
25	Mon	11:50	3.4			5:50	-0.1	6:26	-0.3	6:48	7:14	
26	Tue	12:18	3.4	12:36	3.5	6:41	-0.2	7:12	-0.4	6:46	7:15	
27	Wed	1:01	3.5	1:19	3.4	7:29	-0.3	7:54	-0.4	6:45	7:16	
28	Thu	1:42	3.6	1:59	3.4	8:14	-0.3	8:34	-0.3	6:43	7:17	
29	Fri	2:21	3.6	2:40	3.2	8:56	-0.3	9:11	-0.2	6:41	7:18	
30	Sat	3:00	3.5	3:21	3.0	9:36	-0.2	9:45	0.0	6:40	7:19	
31	Sun	3:38	3.4	4:04	2.8	10:14	0.0	10:17	0.2	6:38	7:20	