

Poughkeepsie, NY - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:30	2.9	7:26	2.3	12:29	0.5	2:18	0.5	6:29	5:46	
2	Mon	7:44	3.0	8:46	2.4	2:01	0.4	3:21	0.2	6:27	5:47	
3	Tue	9:06	3.2	9:54	2.7	3:14	0.2	4:16	0.0	6:26	5:48	
4	Wed	10:13	3.4	10:49	3.1	4:15	-0.1	5:07	-0.3	6:24	5:49	
5	Thu	11:07	3.6	11:38	3.4	5:12	-0.4	5:57	-0.6	6:22	5:51	
6	Fri	11:57	3.8			6:07	-0.6	6:45	-0.8	6:21	5:52	
7	Sat	12:26	3.6	12:45	3.8	7:00	-0.7	7:31	-0.8	6:19	5:53	
8	Sun	1:14	3.8	2:34	3.7	8:51	-0.8	9:15	-0.8	7:18	6:54	
9	Mon	3:04	3.8	3:25	3.5	9:40	-0.7	9:59	-0.7	7:16	6:55	
10	Tue	3:54	3.7	4:18	3.3	10:29	-0.5	10:44	-0.4	7:14	6:56	
11	Wed	4:48	3.6	5:15	3.0	11:21	-0.2	11:33	-0.1	7:13	6:57	
12	Thu	5:42	3.4	6:13	2.7			12:19	0.0	7:11	6:59	
13	Fri	6:38	3.1	7:11	2.6	12:30	0.3	1:26	0.3	7:09	7:00	
14	Sat	7:34	3.0	8:11	2.4	1:37	0.5	2:34	0.4	7:08	7:01	
15	Sun	8:36	2.8	9:17	2.4	2:46	0.6	3:37	0.4	7:06	7:02	
16	Mon	9:42	2.8	10:21	2.5	3:48	0.6	4:31	0.3	7:04	7:03	
17	Tue	10:43	2.9	11:14	2.6	4:42	0.5	5:19	0.3	7:02	7:04	
18	Wed	11:32	3.0	11:58	2.8	5:31	0.4	6:01	0.1	7:01	7:05	
19	Thu			12:14	3.1	6:16	0.2	6:41	0.0	6:59	7:06	
20	Fri	12:36	3.0	12:51	3.1	6:58	0.1	7:19	0.0	6:57	7:08	
21	Sat	1:11	3.1	1:26	3.2	7:39	0.0	7:54	-0.1	6:56	7:09	
22	Sun	1:43	3.2	1:59	3.1	8:18	0.0	8:28	-0.1	6:54	7:10	
23	Mon	2:12	3.2	2:31	3.0	8:55	0.0	8:58	0.0	6:52	7:11	
24	Tue	2:38	3.2	3:03	2.9	9:29	0.0	9:27	0.1	6:51	7:12	
25	Wed	3:03	3.2	3:35	2.7	10:03	0.1	9:54	0.2	6:49	7:13	
26	Thu	3:32	3.2	4:13	2.6	10:37	0.2	10:23	0.3	6:47	7:14	
27	Fri	4:11	3.2	5:02	2.5	11:17	0.4	10:59	0.4	6:45	7:15	
28	Sat	5:02	3.1	6:00	2.5			12:14	0.5	6:44	7:16	
29	Sun	6:03	3.1	7:04	2.5			1:37	0.5	6:42	7:18	
30	Mon	7:10	3.1	8:12	2.5	1:12	0.6	2:52	0.4	6:40	7:19	
31	Tue	8:24	3.1	9:25	2.7	2:47	0.5	3:54	0.2	6:39	7:20	