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|  | March 2024 |
| Poughkeepsie, New York, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 6:30 AMSunset: 5:45 PMDaylight: 11 hours and 15 minutes. | Sunrise: 6:28 AMSunset: 5:46 PMDaylight: 11 hours and 18 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 6:27 AMSunset: 5:48 PMDaylight: 11 hours and 20 minutes. | Sunrise: 6:25 AMSunset: 5:49 PMDaylight: 11 hours and 23 minutes. | Sunrise: 6:23 AMSunset: 5:50 PMDaylight: 11 hours and 26 minutes. | Sunrise: 6:22 AMSunset: 5:51 PMDaylight: 11 hours and 29 minutes. | Sunrise: 6:20 AMSunset: 5:52 PMDaylight: 11 hours and 31 minutes. | Sunrise: 6:19 AMSunset: 5:53 PMDaylight: 11 hours and 34 minutes. | Sunrise: 6:17 AMSunset: 5:54 PMDaylight: 11 hours and 37 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 7:15 AMSunset: 6:56 PMDaylight: 11 hours and 40 minutes. | Sunrise: 7:14 AMSunset: 6:57 PMDaylight: 11 hours and 43 minutes. | Sunrise: 7:12 AMSunset: 6:58 PMDaylight: 11 hours and 46 minutes. | Sunrise: 7:10 AMSunset: 6:59 PMDaylight: 11 hours and 48 minutes. | Sunrise: 7:09 AMSunset: 7:00 PMDaylight: 11 hours and 51 minutes. | Sunrise: 7:07 AMSunset: 7:01 PMDaylight: 11 hours and 54 minutes. | Sunrise: 7:05 AMSunset: 7:02 PMDaylight: 11 hours and 57 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 7:03 AMSunset: 7:04 PMDaylight: 12 hours and 0 minutes. | Sunrise: 7:02 AMSunset: 7:05 PMDaylight: 12 hours and 2 minutes. | Sunrise: 7:00 AMSunset: 7:06 PMDaylight: 12 hours and 5 minutes. | Sunrise: 6:58 AMSunset: 7:07 PMDaylight: 12 hours and 8 minutes. | Sunrise: 6:57 AMSunset: 7:08 PMDaylight: 12 hours and 11 minutes. | Sunrise: 6:55 AMSunset: 7:09 PMDaylight: 12 hours and 14 minutes. | Sunrise: 6:53 AMSunset: 7:10 PMDaylight: 12 hours and 17 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:52 AMSunset: 7:11 PMDaylight: 12 hours and 19 minutes. | Sunrise: 6:50 AMSunset: 7:12 PMDaylight: 12 hours and 22 minutes. | Sunrise: 6:48 AMSunset: 7:14 PMDaylight: 12 hours and 25 minutes. | Sunrise: 6:46 AMSunset: 7:15 PMDaylight: 12 hours and 28 minutes. | Sunrise: 6:45 AMSunset: 7:16 PMDaylight: 12 hours and 31 minutes. | Sunrise: 6:43 AMSunset: 7:17 PMDaylight: 12 hours and 33 minutes. | Sunrise: 6:41 AMSunset: 7:18 PMDaylight: 12 hours and 36 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:40 AMSunset: 7:19 PMDaylight: 12 hours and 39 minutes. |  |  |  |  |  |  |