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|  | | March 2025 | | | | | | |
| Poughkeepsie, New York, United States | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  |  | 1 |
|  |  | |  |  |  |  | Sunrise: 6:30 AM  Sunset: 5:45 PM  Daylight: 11 hours and 14 minutes. |
| 2 | 3 | | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:29 AM  Sunset: 5:46 PM  Daylight: 11 hours and 17 minutes. | Sunrise: 6:27 AM  Sunset: 5:47 PM  Daylight: 11 hours and 20 minutes. | | Sunrise: 6:25 AM  Sunset: 5:48 PM  Daylight: 11 hours and 22 minutes. | Sunrise: 6:24 AM  Sunset: 5:50 PM  Daylight: 11 hours and 25 minutes. | Sunrise: 6:22 AM  Sunset: 5:51 PM  Daylight: 11 hours and 28 minutes. | Sunrise: 6:21 AM  Sunset: 5:52 PM  Daylight: 11 hours and 31 minutes. | Sunrise: 6:19 AM  Sunset: 5:53 PM  Daylight: 11 hours and 34 minutes. |
| 9 | 10 | | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 7:17 AM  Sunset: 6:54 PM  Daylight: 11 hours and 36 minutes. | Sunrise: 7:16 AM  Sunset: 6:55 PM  Daylight: 11 hours and 39 minutes. | | Sunrise: 7:14 AM  Sunset: 6:56 PM  Daylight: 11 hours and 42 minutes. | Sunrise: 7:12 AM  Sunset: 6:58 PM  Daylight: 11 hours and 45 minutes. | Sunrise: 7:11 AM  Sunset: 6:59 PM  Daylight: 11 hours and 48 minutes. | Sunrise: 7:09 AM  Sunset: 7:00 PM  Daylight: 11 hours and 50 minutes. | Sunrise: 7:07 AM  Sunset: 7:01 PM  Daylight: 11 hours and 53 minutes. |
| 16 | 17 | | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 7:06 AM  Sunset: 7:02 PM  Daylight: 11 hours and 56 minutes. | Sunrise: 7:04 AM  Sunset: 7:03 PM  Daylight: 11 hours and 59 minutes. | | Sunrise: 7:02 AM  Sunset: 7:04 PM  Daylight: 12 hours and 2 minutes. | Sunrise: 7:00 AM  Sunset: 7:06 PM  Daylight: 12 hours and 5 minutes. | Sunrise: 6:59 AM  Sunset: 7:07 PM  Daylight: 12 hours and 7 minutes. | Sunrise: 6:57 AM  Sunset: 7:08 PM  Daylight: 12 hours and 10 minutes. | Sunrise: 6:55 AM  Sunset: 7:09 PM  Daylight: 12 hours and 13 minutes. |
| 23 | 24 | | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:54 AM  Sunset: 7:10 PM  Daylight: 12 hours and 16 minutes. | Sunrise: 6:52 AM  Sunset: 7:11 PM  Daylight: 12 hours and 19 minutes. | | Sunrise: 6:50 AM  Sunset: 7:12 PM  Daylight: 12 hours and 21 minutes. | Sunrise: 6:49 AM  Sunset: 7:13 PM  Daylight: 12 hours and 24 minutes. | Sunrise: 6:47 AM  Sunset: 7:14 PM  Daylight: 12 hours and 27 minutes. | Sunrise: 6:45 AM  Sunset: 7:15 PM  Daylight: 12 hours and 30 minutes. | Sunrise: 6:43 AM  Sunset: 7:17 PM  Daylight: 12 hours and 33 minutes. |
| 30 | 31 | |  |  |  |  |  |
| Sunrise: 6:42 AM  Sunset: 7:18 PM  Daylight: 12 hours and 35 minutes. | Sunrise: 6:40 AM  Sunset: 7:19 PM  Daylight: 12 hours and 38 minutes. | |  |  |  |  |  |