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