US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1701

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:51	3.2	6:17	2.8			12:32	0.1	6:34	5:50	
2	Wed	6:47	3.1	7:16	2.6	12:53	0.1	1:38	0.2	6:33	5:51	
3	Thu	7:46	3.0	8:19	2.6	1:56	0.2	2:39	0.2	6:31	5:52	
4	Fri	8:49	2.9	9:22	2.6	2:54	0.3	3:34	0.1	6:29	5:53	
5	Sat	9:47	3.0	10:17	2.7	3:48	0.2	4:23	0.1	6:28	5:54	
6	Sun	10:37	3.1	11:02	2.8	4:36	0.2	5:09	0.0	6:26	5:56	
7	Mon	11:20	3.2	11:43	3.0	5:22	0.1	5:51	-0.1	6:24	5:57	
8	Tue	11:59	3.2			6:05	0.0	6:31	-0.2	6:23	5:58	
9	Wed	12:20	3.1	12:36	3.2	6:47	-0.1	7:09	-0.2	6:21	5:59	
10	Thu	12:56	3.1	1:12	3.2	7:27	-0.1	7:45	-0.2	6:19	6:00	
11	Fri	1:30	3.1	1:47	3.1	8:04	-0.1	8:18	-0.1	6:18	6:01	
12	Sat	2:01	3.1	2:20	3.0	8:39	0.0	8:48	-0.1	6:16	6:02	
13	Sun	2:29	3.0	2:54	2.9	9:12	0.1	9:15	0.1	6:14	6:03	
14	Mon	2:57	3.0	3:30	2.7	9:45	0.2	9:43	0.2	6:13	6:05	
15	Tue	3:32	3.0	4:13	2.6	10:21	0.3	10:18	0.3	6:11	6:06	
16	Wed	4:17	3.0	5:04	2.6	11:14	0.4	11:06	0.4	6:09	6:07	
17	Thu	5:10	3.0	6:01	2.5			12:34	0.5	6:08	6:08	
18	Fri	6:10	3.0	7:05	2.6	12:20	0.5	1:50	0.4	6:06	6:09	
19	Sat	7:19	3.1	8:17	2.7	1:47	0.4	2:53	0.2	6:04	6:10	
20	Sun	8:36	3.2	9:27	3.0	2:57	0.2	3:50	-0.1	6:03	6:11	
21	Mon	9:47	3.4	10:25	3.3	3:58	-0.1	4:43	-0.3	6:01	6:12	
22	Tue	10:45	3.7	11:17	3.6	4:55	-0.4	5:34	-0.6	5:59	6:13	
23	Wed	11:37	3.8			5:50	-0.6	6:24	-0.7	5:57	6:15	
24	Thu	12:07	3.8	12:27	3.9	6:44	-0.8	7:13	-0.8	5:56	6:16	
25	Fri	12:56	4.0	1:18	3.8	7:36	-0.8	8:00	-0.8	5:54	6:17	
26	Sat	1:46	4.0	2:10	3.7	8:25	-0.8	8:46	-0.7	5:52	6:18	
27	Sun	2:38	3.9	3:05	3.4	9:15	-0.6	9:33	-0.4	5:51	6:19	
28	Mon	3:32	3.7	4:03	3.2	10:06	-0.4	10:23	-0.1	5:49	6:20	
29	Tue	4:28	3.5	5:01	3.0	11:02	-0.1	11:19	0.2	5:47	6:21	
30	Wed	5:23	3.3	5:57	2.8			12:04	0.2	5:45	6:22	
31	Thu	6:18	3.1	6:53	2.7	12:22	0.4	1:08	0.3	5:44	6:23	