US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1703

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:06	3.2	11:37	2.9	5:07	0.1	5:53	-0.1	6:35	5:49	
2	Fri	11:44	3.3			5:53	-0.1	6:35	-0.3	6:33	5:50	
3	Sat	12:14	3.1	12:21	3.5	6:39	-0.3	7:16	-0.4	6:32	5:52	
4	Sun	12:50	3.2	12:59	3.5	7:24	-0.4	7:55	-0.5	6:30	5:53	
5	Mon	1:29	3.3	1:41	3.5	8:07	-0.5	8:34	-0.5	6:29	5:54	
6	Tue	2:12	3.4	2:27	3.3	8:52	-0.5	9:13	-0.4	6:27	5:55	
7	Wed	3:00	3.4	3:19	3.2	9:38	-0.4	9:55	-0.3	6:25	5:56	
8	Thu	3:53	3.4	4:16	3.0	10:31	-0.2	10:45	-0.1	6:24	5:57	
9	Fri	4:51	3.4	5:17	2.9	11:36	0.0	11:50	0.0	6:22	5:58	
10	Sat	5:50	3.3	6:21	2.7			12:48	0.1	6:20	6:00	
11	Sun	6:53	3.2	7:29	2.7	1:03	0.2	1:59	0.1	6:19	6:01	
12	Mon	8:03	3.2	8:42	2.7	2:14	0.2	3:03	0.0	6:17	6:02	
13	Tue	9:13	3.2	9:49	2.9	3:18	0.1	4:00	-0.1	6:15	6:03	
14	Wed	10:15	3.4	10:45	3.1	4:16	-0.1	4:52	-0.3	6:14	6:04	
15	Thu	11:06	3.5	11:33	3.2	5:09	-0.2	5:41	-0.4	6:12	6:05	
16	Fri	11:52	3.5			6:00	-0.3	6:28	-0.4	6:10	6:06	
17	Sat	12:17	3.4	12:35	3.5	6:47	-0.3	7:11	-0.5	6:08	6:07	
18	Sun	12:58	3.4	1:17	3.4	7:32	-0.3	7:50	-0.4	6:07	6:09	
19	Mon	1:38	3.4	1:59	3.3	8:13	-0.3	8:27	-0.3	6:05	6:10	
20	Tue	2:18	3.3	2:42	3.1	8:53	-0.1	9:01	-0.1	6:03	6:11	
21	Wed	2:57	3.2	3:26	2.9	9:32	0.0	9:34	0.1	6:02	6:12	
22	Thu	3:38	3.1	4:13	2.7	10:12	0.2	10:05	0.3	6:00	6:13	
23	Fri	4:19	2.9	5:00	2.6	10:57	0.4	10:39	0.5	5:58	6:14	
24	Sat	5:02	2.8	5:49	2.4	11:54	0.6	11:28	0.7	5:56	6:15	
25	Sun	5:46	2.7	6:39	2.4			1:00	0.7	5:55	6:16	
26	Mon	6:36	2.7	7:36	2.4	12:44	0.8	2:03	0.6	5:53	6:17	
27	Tue	7:35	2.7	8:38	2.4	1:56	0.8	2:58	0.5	5:51	6:18	
28	Wed	8:44	2.8	9:35	2.6	2:57	0.6	3:47	0.3	5:50	6:19	
29	Thu	9:43	3.0	10:22	2.9	3:50	0.4	4:33	0.1	5:48	6:21	
30	Fri	10:31	3.2	11:03	3.2	4:39	0.2	5:17	-0.1	5:46	6:22	
31	Sat	11:14	3.4	11:42	3.4	5:28	-0.1	6:00	-0.2	5:44	6:23	