US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1704

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:04	3.2	8:44	2.6	2:18	0.2	3:15	0.0	6:34	5:50	
2	Sun	9:19	3.3	9:56	2.8	3:25	0.0	4:14	-0.2	6:32	5:51	
3	Mon	10:23	3.5	10:54	3.1	4:25	-0.2	5:08	-0.4	6:31	5:52	
4	Tue	11:18	3.7	11:46	3.3	5:22	-0.4	6:00	-0.6	6:29	5:54	
5	Wed			12:07	3.8	6:16	-0.6	6:49	-0.7	6:27	5:55	
6	Thu	12:34	3.5	12:55	3.8	7:07	-0.6	7:35	-0.8	6:26	5:56	
7	Fri	1:21	3.5	1:43	3.6	7:56	-0.6	8:18	-0.7	6:24	5:57	
8	Sat	2:08	3.5	2:31	3.5	8:42	-0.5	9:00	-0.5	6:22	5:58	
9	Sun	2:56	3.4	3:20	3.2	9:27	-0.3	9:40	-0.3	6:21	5:59	
10	Mon	3:43	3.3	4:11	3.0	10:13	-0.1	10:21	0.0	6:19	6:00	
11	Tue	4:31	3.1	5:01	2.7	11:05	0.2	11:06	0.3	6:17	6:02	
12	Wed	5:18	3.0	5:52	2.6			12:04	0.4	6:16	6:03	
13	Thu	6:07	2.8	6:45	2.4	12:00	0.6	1:08	0.5	6:14	6:04	
14	Fri	6:59	2.7	7:42	2.3	1:03	0.7	2:09	0.6	6:12	6:05	
15	Sat	7:59	2.7	8:45	2.4	2:06	0.7	3:05	0.5	6:11	6:06	
16	Sun	9:03	2.7	9:43	2.5	3:03	0.6	3:54	0.4	6:09	6:07	
17	Mon	9:59	2.8	10:31	2.7	3:53	0.5	4:38	0.2	6:07	6:08	
18	Tue	10:44	3.0	11:12	2.9	4:40	0.3	5:20	0.1	6:05	6:09	
19	Wed	11:23	3.1	11:49	3.1	5:25	0.2	6:01	0.0	6:04	6:10	
20	Thu	11:57	3.2			6:09	0.0	6:40	-0.1	6:02	6:12	
21	Fri	12:23	3.2	12:30	3.3	6:51	-0.1	7:17	-0.2	6:00	6:13	
22	Sat	12:55	3.3	1:03	3.3	7:32	-0.2	7:52	-0.2	5:59	6:14	
23	Sun	1:27	3.4	1:39	3.2	8:12	-0.2	8:26	-0.2	5:57	6:15	
24	Mon	2:02	3.4	2:20	3.1	8:52	-0.2	9:00	-0.1	5:55	6:16	
25	Tue	2:44	3.5	3:08	3.0	9:35	-0.1	9:37	0.0	5:53	6:17	
26	Wed	3:33	3.4	4:04	2.8	10:24	0.0	10:23	0.1	5:52	6:18	
27	Thu	4:31	3.4	5:07	2.7	11:28	0.2	11:27	0.3	5:50	6:19	
28	Fri	5:34	3.3	6:13	2.7			12:43	0.2	5:48	6:20	
29	Sat	6:40	3.2	7:23	2.7	12:52	0.4	1:54	0.2	5:47	6:21	
30	Sun	7:52	3.2	8:37	2.8	2:09	0.3	2:58	0.1	5:45	6:22	
31	Mon	9:06	3.3	9:44	3.1	3:15	0.1	3:54	-0.1	5:43	6:24	