US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1707

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:44	3.2	11:09	2.5	4:36	0.2	5:25	0.1	7:27	4:40	
2	Sun	11:22	3.3	11:49	2.5	5:19	0.2	6:09	0.0	7:27	4:40	
3	Mon	11:58	3.3			6:02	0.1	6:53	-0.1	7:27	4:41	
4	Tue	12:26	2.6	12:33	3.4	6:45	0.1	7:34	-0.2	7:27	4:42	
5	Wed	1:04	2.6	1:09	3.4	7:26	0.0	8:13	-0.3	7:27	4:43	
6	Thu	1:42	2.6	1:48	3.4	8:06	0.0	8:52	-0.3	7:27	4:44	
7	Fri	2:23	2.7	2:31	3.3	8:46	0.0	9:30	-0.3	7:27	4:45	
8	Sat	3:10	2.7	3:20	3.2	9:29	0.1	10:10	-0.2	7:27	4:46	
9	Sun	4:01	2.8	4:14	3.1	10:19	0.1	10:56	-0.2	7:27	4:47	
10	Mon	4:55	2.9	5:10	2.9	11:23	0.2	11:51	-0.1	7:26	4:48	
11	Tue	5:48	3.0	6:07	2.8			12:39	0.3	7:26	4:49	
12	Wed	6:45	3.1	7:09	2.7	12:53	-0.1	1:52	0.2	7:26	4:50	
13	Thu	7:47	3.2	8:19	2.6	1:57	-0.1	2:58	0.1	7:26	4:51	
14	Fri	8:55	3.3	9:31	2.7	2:58	-0.2	3:58	-0.1	7:25	4:53	
15	Sat	10:00	3.4	10:33	2.8	3:57	-0.2	4:55	-0.3	7:25	4:54	
16	Sun	10:57	3.6	11:29	2.9	4:53	-0.3	5:49	-0.4	7:24	4:55	
17	Mon	11:48	3.6			5:48	-0.4	6:41	-0.6	7:24	4:56	
18	Tue	12:20	3.0	12:37	3.6	6:41	-0.4	7:30	-0.6	7:23	4:57	
19	Wed	1:10	3.0	1:25	3.5	7:31	-0.4	8:15	-0.6	7:23	4:58	
20	Thu	2:00	3.0	2:12	3.4	8:17	-0.3	8:58	-0.5	7:22	5:00	
21	Fri	2:50	3.0	3:00	3.2	9:01	-0.1	9:39	-0.3	7:21	5:01	
22	Sat	3:39	2.9	3:47	3.0	9:45	0.0	10:19	-0.1	7:21	5:02	
23	Sun	4:26	2.8	4:34	2.8	10:31	0.2	11:01	0.1	7:20	5:03	
24	Mon	5:12	2.8	5:20	2.6	11:23	0.4	11:46	0.3	7:19	5:04	
25	Tue	5:56	2.7	6:05	2.4			12:23	0.5	7:19	5:06	
26	Wed	6:40	2.7	6:53	2.2	12:36	0.4	1:26	0.6	7:18	5:07	
27	Thu	7:29	2.7	7:50	2.1	1:30	0.5	2:26	0.6	7:17	5:08	
28	Fri	8:25	2.7	8:55	2.1	2:25	0.5	3:20	0.4	7:16	5:09	
29	Sat	9:23	2.8	9:55	2.2	3:16	0.4	4:10	0.3	7:15	5:11	
30	Sun	10:14	2.9	10:44	2.3	4:05	0.3	4:57	0.1	7:14	5:12	
31	Mon	10:58	3.1	11:26	2.5	4:53	0.2	5:43	-0.1	7:13	5:13	