US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1710

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:11	2.8	1:24	3.4	7:32	0.0	8:12	-0.3	7:27	4:40	
2	Thu	1:56	2.7	2:06	3.3	8:14	0.1	8:50	-0.2	7:27	4:41	
3	Fri	2:42	2.7	2:50	3.1	8:53	0.2	9:27	-0.1	7:27	4:42	
4	Sat	3:28	2.6	3:34	2.9	9:31	0.3	10:02	0.0	7:27	4:43	
5	Sun	4:13	2.6	4:17	2.7	10:11	0.5	10:38	0.2	7:27	4:43	
6	Mon	4:56	2.6	5:00	2.6	10:57	0.6	11:16	0.3	7:27	4:44	
7	Tue	5:36	2.6	5:42	2.4	11:56	0.7			7:27	4:45	
8	Wed	6:15	2.6	6:27	2.3	12:01	0.4	1:04	0.7	7:27	4:46	
9	Thu	6:56	2.7	7:19	2.2	12:55	0.4	2:08	0.6	7:27	4:47	
10	Fri	7:45	2.8	8:23	2.2	1:53	0.4	3:05	0.5	7:26	4:49	
11	Sat	8:44	2.9	9:28	2.3	2:49	0.3	3:58	0.3	7:26	4:50	
12	Sun	9:43	3.1	10:24	2.5	3:42	0.2	4:48	0.0	7:26	4:51	
13	Mon	10:34	3.3	11:12	2.6	4:34	0.0	5:38	-0.2	7:25	4:52	
14	Tue	11:21	3.6	11:58	2.8	5:26	-0.2	6:26	-0.4	7:25	4:53	
15	Wed			12:08	3.7	6:18	-0.3	7:13	-0.6	7:25	4:54	
16	Thu	12:44	3.0	12:55	3.8	7:10	-0.5	7:59	-0.7	7:24	4:55	
17	Fri	1:33	3.1	1:45	3.7	8:00	-0.6	8:43	-0.8	7:24	4:56	
18	Sat	2:25	3.2	2:37	3.6	8:50	-0.5	9:27	-0.7	7:23	4:58	
19	Sun	3:20	3.3	3:32	3.4	9:41	-0.4	10:14	-0.6	7:23	4:59	
20	Mon	4:16	3.3	4:29	3.2	10:37	-0.2	11:06	-0.4	7:22	5:00	
21	Tue	5:12	3.3	5:26	2.9	11:41	0.0			7:21	5:01	
22	Wed	6:07	3.2	6:24	2.7	12:04	-0.2	12:50	0.1	7:21	5:02	
23	Thu	7:03	3.2	7:26	2.5	1:07	-0.1	1:58	0.1	7:20	5:04	
24	Fri	8:05	3.1	8:35	2.4	2:10	0.0	3:01	0.1	7:19	5:05	
25	Sat	9:10	3.1	9:42	2.4	3:09	0.1	3:59	0.0	7:18	5:06	
26	Sun	10:09	3.1	10:39	2.5	4:04	0.1	4:51	-0.1	7:18	5:07	
27	Mon	11:00	3.2	11:27	2.6	4:56	0.0	5:40	-0.2	7:17	5:09	
28	Tue	11:44	3.3			5:44	0.0	6:25	-0.2	7:16	5:10	
29	Wed	12:10	2.7	12:25	3.3	6:30	-0.1	7:07	-0.3	7:15	5:11	
30	Thu	12:51	2.8	1:04	3.3	7:13	-0.1	7:45	-0.3	7:14	5:12	
31	Fri	1:30	2.8	1:42	3.2	7:53	-0.1	8:20	-0.3	7:13	5:14	