US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1713

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:48	3.3	4:07	3.4	10:08	-0.3	10:39	-0.5	7:27	4:40	
2	Mon	4:46	3.2	5:03	3.2	11:07	-0.1	11:33	-0.3	7:27	4:41	
3	Tue	5:40	3.2	5:57	3.0			12:12	0.1	7:27	4:42	
4	Wed	6:33	3.1	6:51	2.7	12:31	-0.1	1:17	0.2	7:27	4:43	
5	Thu	7:26	3.0	7:49	2.6	1:29	0.0	2:20	0.3	7:27	4:44	
6	Fri	8:23	3.0	8:50	2.5	2:24	0.1	3:16	0.2	7:27	4:45	
7	Sat	9:20	3.0	9:48	2.5	3:16	0.2	4:08	0.1	7:27	4:46	
8	Sun	10:12	3.1	10:39	2.6	4:04	0.2	4:55	0.0	7:27	4:47	
9	Mon	10:57	3.1	11:23	2.6	4:49	0.1	5:40	0.0	7:27	4:48	
10	Tue	11:37	3.2			5:34	0.1	6:23	-0.1	7:26	4:49	
11	Wed	12:05	2.7	12:15	3.2	6:17	0.0	7:04	-0.2	7:26	4:50	
12	Thu	12:45	2.8	12:51	3.2	6:59	0.0	7:42	-0.2	7:26	4:51	
13	Fri	1:24	2.8	1:24	3.1	7:38	0.0	8:18	-0.2	7:25	4:52	
14	Sat	2:02	2.8	1:55	3.1	8:15	0.0	8:50	-0.2	7:25	4:53	
15	Sun	2:39	2.7	2:25	3.0	8:49	0.1	9:21	-0.1	7:25	4:54	
16	Mon	3:14	2.7	2:57	2.8	9:22	0.2	9:49	0.0	7:24	4:55	
17	Tue	3:50	2.7	3:37	2.7	9:59	0.3	10:19	0.1	7:24	4:57	
18	Wed	4:29	2.8	4:25	2.6	10:44	0.3	10:57	0.1	7:23	4:58	
19	Thu	5:14	2.9	5:19	2.5	11:50	0.4	11:54	0.2	7:22	4:59	
20	Fri	6:05	3.0	6:18	2.5			1:12	0.4	7:22	5:00	
21	Sat	7:04	3.1	7:27	2.4	1:10	0.2	2:24	0.2	7:21	5:01	
22	Sun	8:13	3.2	8:46	2.5	2:25	0.1	3:27	0.0	7:20	5:03	
23	Mon	9:25	3.4	9:58	2.7	3:29	-0.1	4:25	-0.3	7:20	5:04	
24	Tue	10:27	3.6	10:57	3.0	4:29	-0.3	5:19	-0.5	7:19	5:05	
25	Wed	11:22	3.8	11:51	3.2	5:27	-0.5	6:12	-0.7	7:18	5:06	
26	Thu			12:14	3.9	6:23	-0.7	7:02	-0.9	7:17	5:08	
27	Fri	12:43	3.4	1:04	3.9	7:16	-0.8	7:51	-1.0	7:16	5:09	
28	Sat	1:35	3.5	1:56	3.8	8:07	-0.8	8:37	-1.0	7:16	5:10	
29	Sun	2:27	3.5	2:48	3.6	8:57	-0.7	9:22	-0.8	7:15	5:11	
30	Mon	3:21	3.4	3:42	3.3	9:47	-0.4	10:08	-0.6	7:14	5:13	
31	Tue	4:14	3.3	4:36	3.1	10:40	-0.2	10:57	-0.3	7:13	5:14	