US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1713

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:39	3.3	4:08	3.0	10:13	-0.2	10:20	-0.1	6:34	5:50	
2	Thu	4:30	3.2	5:01	2.7	11:06	0.1	11:08	0.2	6:32	5:51	
3	Fri	5:20	3.0	5:53	2.6			12:07	0.3	6:31	5:52	
4	Sat	6:11	2.8	6:47	2.4	12:06	0.5	1:11	0.5	6:29	5:53	
5	Sun	7:06	2.7	7:45	2.4	1:10	0.6	2:13	0.5	6:28	5:54	
6	Mon	8:07	2.6	8:47	2.4	2:12	0.6	3:07	0.4	6:26	5:56	
7	Tue	9:10	2.7	9:44	2.5	3:08	0.5	3:55	0.3	6:24	5:57	
8	Wed	10:03	2.8	10:32	2.7	3:58	0.4	4:39	0.2	6:23	5:58	
9	Thu	10:48	3.0	11:13	2.9	4:44	0.3	5:20	0.1	6:21	5:59	
10	Fri	11:26	3.1	11:50	3.1	5:28	0.1	5:59	-0.1	6:19	6:00	
11	Sat			12:00	3.1	6:11	0.0	6:37	-0.2	6:18	6:01	
12	Sun	12:23	3.2	12:32	3.1	6:52	-0.1	7:14	-0.2	6:16	6:02	
13	Mon	12:54	3.3	1:03	3.1	7:32	-0.2	7:48	-0.2	6:14	6:04	
14	Tue	1:24	3.3	1:36	3.1	8:11	-0.2	8:20	-0.2	6:13	6:05	
15	Wed	1:56	3.4	2:13	3.0	8:49	-0.2	8:53	-0.1	6:11	6:06	
16	Thu	2:34	3.4	2:57	2.9	9:29	-0.1	9:28	0.0	6:09	6:07	
17	Fri	3:22	3.3	3:51	2.7	10:15	0.0	10:10	0.1	6:07	6:08	
18	Sat	4:18	3.3	4:53	2.7	11:16	0.2	11:10	0.3	6:06	6:09	
19	Sun	5:22	3.2	5:59	2.7			12:30	0.2	6:04	6:10	
20	Mon	6:28	3.2	7:08	2.7	12:37	0.3	1:42	0.2	6:02	6:11	
21	Tue	7:39	3.2	8:21	2.9	1:57	0.3	2:46	0.0	6:01	6:12	
22	Wed	8:52	3.3	9:30	3.1	3:05	0.1	3:43	-0.2	5:59	6:14	
23	Thu	9:57	3.4	10:27	3.4	4:04	-0.1	4:35	-0.4	5:57	6:15	
24	Fri	10:51	3.6	11:18	3.6	5:00	-0.3	5:25	-0.5	5:55	6:16	
25	Sat	11:40	3.6			5:53	-0.5	6:13	-0.6	5:54	6:17	
26	Sun	12:04	3.8	12:27	3.6	6:44	-0.6	6:59	-0.6	5:52	6:18	
27	Mon	12:48	3.8	1:13	3.5	7:32	-0.6	7:43	-0.5	5:50	6:19	
28	Tue	1:32	3.8	2:01	3.4	8:18	-0.5	8:25	-0.3	5:49	6:20	
29	Wed	2:17	3.6	2:50	3.1	9:02	-0.3	9:05	-0.1	5:47	6:21	
30	Thu	3:03	3.4	3:41	2.9	9:46	-0.1	9:45	0.2	5:45	6:22	
31	Fri	3:52	3.2	4:34	2.8	10:34	0.2	10:28	0.5	5:44	6:23	