US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1718

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:14	3.2	6:21	-0.1	6:47	-0.2	6:34	5:50	
2	Wed	12:34	3.0	12:49	3.2	7:02	-0.1	7:24	-0.3	6:33	5:51	
3	Thu	1:08	3.1	1:23	3.2	7:41	-0.1	7:58	-0.2	6:31	5:52	
4	Fri	1:38	3.1	1:55	3.1	8:17	-0.1	8:31	-0.2	6:30	5:53	
5	Sat	2:06	3.0	2:27	3.0	8:51	0.0	9:00	-0.1	6:28	5:54	
6	Sun	2:35	3.0	3:02	2.9	9:25	0.0	9:30	0.0	6:26	5:55	
7	Mon	3:11	3.1	3:46	2.8	10:02	0.1	10:04	0.1	6:25	5:57	
8	Tue	3:57	3.1	4:38	2.7	10:50	0.3	10:49	0.2	6:23	5:58	
9	Wed	4:51	3.1	5:36	2.7			12:03	0.3	6:21	5:59	
10	Thu	5:52	3.1	6:40	2.7			1:22	0.3	6:20	6:00	
11	Fri	6:58	3.1	7:51	2.7	1:22	0.3	2:30	0.2	6:18	6:01	
12	Sat	8:14	3.2	9:04	2.9	2:36	0.1	3:30	-0.1	6:16	6:02	
13	Sun	9:28	3.4	10:08	3.2	3:39	-0.1	4:25	-0.3	6:15	6:03	
14	Mon	10:30	3.6	11:03	3.5	4:38	-0.4	5:18	-0.6	6:13	6:04	
15	Tue	11:24	3.8	11:53	3.7	5:33	-0.6	6:09	-0.7	6:11	6:06	
16	Wed			12:14	3.8	6:27	-0.8	6:58	-0.8	6:10	6:07	
17	Thu	12:42	3.9	1:03	3.8	7:19	-0.8	7:45	-0.8	6:08	6:08	
18	Fri	1:31	3.9	1:54	3.7	8:08	-0.8	8:31	-0.7	6:06	6:09	
19	Sat	2:21	3.8	2:46	3.5	8:56	-0.6	9:16	-0.5	6:04	6:10	
20	Sun	3:13	3.6	3:40	3.2	9:44	-0.4	10:02	-0.2	6:03	6:11	
21	Mon	4:05	3.4	4:35	3.0	10:35	-0.1	10:52	0.1	6:01	6:12	
22	Tue	4:58	3.2	5:29	2.8	11:32	0.1	11:49	0.4	5:59	6:13	
23	Wed	5:50	3.1	6:22	2.7			12:34	0.3	5:58	6:14	
24	Thu	6:43	2.9	7:17	2.6	12:51	0.6	1:35	0.4	5:56	6:15	
25	Fri	7:39	2.8	8:16	2.6	1:53	0.6	2:32	0.4	5:54	6:17	
26	Sat	8:40	2.8	9:15	2.7	2:50	0.6	3:23	0.4	5:52	6:18	
27	Sun	9:36	2.9	10:06	2.8	3:40	0.5	4:08	0.3	5:51	6:19	
28	Mon	10:25	3.0	10:49	3.0	4:27	0.3	4:51	0.1	5:49	6:20	
29	Tue	11:07	3.1	11:28	3.1	5:12	0.2	5:32	0.0	5:47	6:21	
30	Wed	11:45	3.2			5:55	0.1	6:11	-0.1	5:46	6:22	
31	Thu	12:02	3.3	12:21	3.2	6:36	0.0	6:50	-0.1	5:44	6:23	