US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1719

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:27	2.9	8:25	2.5	1:54	0.4	3:03	0.3	6:35	5:49	
2	Thu	8:42	3.1	9:33	2.7	3:01	0.2	3:58	0.0	6:33	5:50	
3	Fri	9:50	3.3	10:29	3.0	4:00	-0.1	4:50	-0.3	6:32	5:52	
4	Sat	10:46	3.6	11:19	3.3	4:56	-0.3	5:40	-0.5	6:30	5:53	
5	Sun	11:37	3.8			5:50	-0.6	6:29	-0.7	6:28	5:54	
6	Mon	12:08	3.6	12:26	3.9	6:43	-0.8	7:18	-0.9	6:27	5:55	
7	Tue	12:57	3.7	1:17	3.8	7:35	-0.9	8:04	-0.9	6:25	5:56	
8	Wed	1:48	3.8	2:09	3.7	8:25	-0.9	8:51	-0.8	6:23	5:57	
9	Thu	2:41	3.8	3:04	3.5	9:15	-0.7	9:38	-0.7	6:22	5:59	
10	Fri	3:37	3.7	4:03	3.3	10:08	-0.5	10:29	-0.4	6:20	6:00	
11	Sat	4:34	3.5	5:01	3.1	11:06	-0.2	11:27	-0.1	6:18	6:01	
12	Sun	5:31	3.3	5:59	2.9			12:10	0.0	6:17	6:02	
13	Mon	6:27	3.2	6:58	2.7	12:31	0.1	1:17	0.1	6:15	6:03	
14	Tue	7:26	3.0	8:01	2.7	1:36	0.3	2:20	0.2	6:13	6:04	
15	Wed	8:29	3.0	9:05	2.7	2:38	0.3	3:16	0.2	6:12	6:05	
16	Thu	9:30	3.0	10:01	2.8	3:33	0.3	4:07	0.1	6:10	6:06	
17	Fri	10:22	3.1	10:48	2.9	4:23	0.2	4:53	0.0	6:08	6:08	
18	Sat	11:06	3.2	11:29	3.1	5:09	0.1	5:35	-0.1	6:07	6:09	
19	Sun	11:46	3.2			5:53	0.0	6:16	-0.1	6:05	6:10	
20	Mon	12:07	3.2	12:24	3.3	6:36	-0.1	6:54	-0.2	6:03	6:11	
21	Tue	12:42	3.2	1:01	3.2	7:16	-0.1	7:30	-0.1	6:01	6:12	
22	Wed	1:16	3.2	1:36	3.1	7:54	-0.1	8:04	-0.1	6:00	6:13	
23	Thu	1:47	3.2	2:11	3.0	8:30	0.0	8:35	0.0	5:58	6:14	
24	Fri	2:16	3.1	2:46	2.9	9:04	0.1	9:03	0.1	5:56	6:15	
25	Sat	2:43	3.1	3:22	2.8	9:37	0.2	9:31	0.2	5:55	6:16	
26	Sun	3:15	3.0	4:04	2.7	10:12	0.3	10:03	0.4	5:53	6:17	
27	Mon	3:58	3.0	4:53	2.6	10:58	0.4	10:47	0.5	5:51	6:18	
28	Tue	4:50	3.0	5:48	2.6			12:11	0.5	5:49	6:20	
29	Wed	5:49	3.0	6:48	2.6			1:27	0.4	5:48	6:21	
30	Thu	6:55	3.1	7:56	2.8	1:25	0.5	2:32	0.3	5:46	6:22	
31	Fri	8:10	3.2	9:05	3.0	2:38	0.3	3:29	0.0	5:44	6:23	