US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1731

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:13	3.1	5:42	2.5			12:21	0.3	6:35	5:49	
2	Fri	6:16	3.1	6:51	2.5	12:11	0.3	1:40	0.3	6:33	5:51	
3	Sat	7:27	3.1	8:09	2.6	1:43	0.3	2:47	0.1	6:31	5:52	
4	Sun	8:45	3.2	9:24	2.8	2:56	0.1	3:46	-0.1	6:30	5:53	
5	Mon	9:54	3.4	10:25	3.1	3:59	-0.1	4:40	-0.4	6:28	5:54	
6	Tue	10:50	3.6	11:18	3.4	4:56	-0.4	5:31	-0.6	6:27	5:55	
7	Wed	11:41	3.8			5:51	-0.6	6:20	-0.8	6:25	5:56	
8	Thu	12:07	3.7	12:29	3.8	6:44	-0.7	7:08	-0.8	6:23	5:58	
9	Fri	12:54	3.8	1:18	3.7	7:35	-0.8	7:53	-0.8	6:22	5:59	
10	Sat	1:41	3.8	2:07	3.5	8:23	-0.7	8:36	-0.6	6:20	6:00	
11	Sun	2:30	3.6	2:58	3.3	9:09	-0.5	9:19	-0.4	6:18	6:01	
12	Mon	3:19	3.5	3:51	3.0	9:57	-0.2	10:03	-0.1	6:17	6:02	
13	Tue	4:11	3.3	4:46	2.8	10:49	0.0	10:50	0.2	6:15	6:03	
14	Wed	5:03	3.1	5:40	2.6	11:49	0.3	11:47	0.5	6:13	6:04	
15	Thu	5:55	2.9	6:34	2.5			12:54	0.5	6:12	6:05	
16	Fri	6:50	2.7	7:31	2.4	12:53	0.7	1:56	0.5	6:10	6:07	
17	Sat	7:50	2.7	8:32	2.5	1:57	0.7	2:52	0.5	6:08	6:08	
18	Sun	8:53	2.7	9:30	2.6	2:55	0.6	3:41	0.4	6:06	6:09	
19	Mon	9:49	2.8	10:19	2.8	3:46	0.5	4:25	0.3	6:05	6:10	
20	Tue	10:35	2.9	11:00	3.0	4:33	0.3	5:05	0.1	6:03	6:11	
21	Wed	11:14	3.0	11:37	3.1	5:17	0.2	5:44	0.0	6:01	6:12	
22	Thu	11:50	3.1			6:00	0.0	6:22	-0.1	6:00	6:13	
23	Fri	12:11	3.3	12:22	3.1	6:41	-0.1	6:59	-0.1	5:58	6:14	
24	Sat	12:42	3.4	12:54	3.1	7:21	-0.1	7:33	-0.1	5:56	6:15	
25	Sun	1:11	3.4	1:25	3.0	8:00	-0.2	8:06	-0.1	5:54	6:16	
26	Mon	1:41	3.4	2:00	2.9	8:38	-0.1	8:38	0.0	5:53	6:18	
27	Tue	2:17	3.4	2:42	2.8	9:17	-0.1	9:12	0.1	5:51	6:19	
28	Wed	3:01	3.4	3:34	2.7	10:01	0.1	9:52	0.2	5:49	6:20	
29	Thu	3:56	3.3	4:36	2.7	10:56	0.2	10:46	0.3	5:48	6:21	
30	Fri	5:00	3.3	5:41	2.7			12:07	0.3	5:46	6:22	
31	Sat	6:06	3.2	6:48	2.7	12:10	0.4	1:20	0.3	5:44	6:23	