US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:06	3.2	9:30	2.8	3:06	-0.2	3:50	-0.1	7:27	4:40	
2	Tue	10:01	3.3	10:25	2.9	3:57	-0.2	4:42	-0.2	7:27	4:41	
3	Wed	10:50	3.4	11:14	2.9	4:45	-0.2	5:32	-0.3	7:27	4:41	
4	Thu	11:33	3.4	11:59	2.9	5:32	-0.2	6:19	-0.3	7:27	4:42	
5	Fri			12:13	3.4	6:17	-0.2	7:03	-0.3	7:27	4:43	
6	Sat	12:42	2.9	12:53	3.4	7:01	-0.1	7:45	-0.3	7:27	4:44	
7	Sun	1:25	2.8	1:32	3.3	7:42	-0.1	8:25	-0.3	7:27	4:45	
8	Mon	2:09	2.8	2:11	3.2	8:20	0.0	9:02	-0.2	7:27	4:46	
9	Tue	2:54	2.7	2:51	3.0	8:57	0.1	9:38	-0.1	7:26	4:47	
10	Wed	3:39	2.6	3:31	2.9	9:32	0.3	10:14	0.1	7:26	4:48	
11	Thu	4:24	2.6	4:11	2.7	10:09	0.4	10:51	0.2	7:26	4:49	
12	Fri	5:07	2.6	4:52	2.6	10:54	0.5	11:34	0.3	7:26	4:51	
13	Sat	5:48	2.6	5:35	2.5	11:56	0.6			7:25	4:52	
14	Sun	6:28	2.6	6:22	2.4	12:27	0.3	1:08	0.6	7:25	4:53	
15	Mon	7:14	2.7	7:18	2.4	1:25	0.3	2:14	0.5	7:24	4:54	
16	Tue	8:09	2.9	8:27	2.4	2:22	0.3	3:12	0.3	7:24	4:55	
17	Wed	9:08	3.1	9:34	2.6	3:16	0.1	4:06	0.0	7:23	4:56	
18	Thu	10:04	3.3	10:31	2.7	4:08	-0.1	4:58	-0.2	7:23	4:57	
19	Fri	10:55	3.6	11:22	2.9	5:00	-0.3	5:50	-0.5	7:22	4:59	
20	Sat	11:43	3.8			5:53	-0.5	6:40	-0.7	7:22	5:00	
21	Sun	12:11	3.1	12:32	3.9	6:46	-0.6	7:30	-0.8	7:21	5:01	
22	Mon	1:02	3.2	1:24	3.9	7:38	-0.7	8:17	-0.9	7:20	5:02	
23	Tue	1:55	3.3	2:18	3.8	8:29	-0.7	9:05	-0.9	7:20	5:03	
24	Wed	2:52	3.3	3:14	3.6	9:20	-0.6	9:53	-0.8	7:19	5:05	
25	Thu	3:51	3.3	4:12	3.4	10:15	-0.4	10:45	-0.6	7:18	5:06	
26	Fri	4:49	3.3	5:10	3.2	11:16	-0.2	11:42	-0.4	7:17	5:07	
27	Sat	5:45	3.2	6:06	3.0			12:22	0.0	7:17	5:08	
28	Sun	6:41	3.1	7:03	2.8	12:42	-0.2	1:29	0.1	7:16	5:10	
29	Mon	7:38	3.0	8:05	2.6	1:43	-0.1	2:33	0.1	7:15	5:11	
30	Tue	8:40	3.0	9:09	2.6	2:41	0.0	3:30	0.0	7:14	5:12	
31	Wed	9:39	3.0	10:06	2.6	3:34	0.0	4:22	-0.1	7:13	5:13	