US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1779

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:38	3.7			5:41	-0.5	6:24	-0.7	6:34	5:50	
2	Tue	12:08	3.4	12:26	3.7	6:34	-0.6	7:11	-0.7	6:32	5:51	
3	Wed	12:56	3.5	1:13	3.7	7:24	-0.6	7:56	-0.7	6:31	5:52	
4	Thu	1:42	3.5	2:00	3.5	8:11	-0.5	8:38	-0.6	6:29	5:53	
5	Fri	2:29	3.4	2:47	3.3	8:55	-0.4	9:18	-0.4	6:28	5:54	
6	Sat	3:16	3.3	3:35	3.1	9:40	-0.2	9:58	-0.1	6:26	5:56	
7	Sun	4:03	3.2	4:25	2.8	10:26	0.0	10:39	0.2	6:24	5:57	
8	Mon	4:50	3.0	5:15	2.6	11:18	0.3	11:26	0.4	6:23	5:58	
9	Tue	5:37	2.9	6:05	2.4			12:18	0.5	6:21	5:59	
10	Wed	6:26	2.8	6:58	2.3	12:24	0.6	1:22	0.6	6:19	6:00	
11	Thu	7:20	2.7	7:59	2.2	1:28	0.7	2:23	0.6	6:18	6:01	
12	Fri	8:22	2.7	9:03	2.3	2:29	0.7	3:17	0.5	6:16	6:02	
13	Sat	9:24	2.8	9:59	2.5	3:24	0.6	4:05	0.3	6:14	6:04	
14	Sun	10:16	2.9	10:45	2.7	4:13	0.5	4:49	0.2	6:13	6:05	
15	Mon	10:59	3.1	11:24	2.9	4:59	0.3	5:31	0.0	6:11	6:06	
16	Tue	11:37	3.2	11:58	3.0	5:43	0.1	6:12	-0.1	6:09	6:07	
17	Wed			12:12	3.3	6:26	0.0	6:51	-0.2	6:07	6:08	
18	Thu	12:30	3.2	12:46	3.3	7:08	-0.2	7:28	-0.3	6:06	6:09	
19	Fri	1:02	3.3	1:22	3.3	7:49	-0.2	8:03	-0.3	6:04	6:10	
20	Sat	1:35	3.4	2:01	3.2	8:29	-0.3	8:38	-0.3	6:02	6:11	
21	Sun	2:13	3.4	2:45	3.1	9:10	-0.2	9:14	-0.2	6:01	6:12	
22	Mon	2:58	3.5	3:38	2.9	9:56	-0.1	9:55	0.0	5:59	6:14	
23	Tue	3:51	3.4	4:37	2.8	10:52	0.1	10:46	0.1	5:57	6:15	
24	Wed	4:52	3.3	5:40	2.7			12:03	0.2	5:55	6:16	
25	Thu	5:56	3.2	6:46	2.7			1:18	0.3	5:54	6:17	
26	Fri	7:06	3.2	7:57	2.7	1:20	0.3	2:26	0.2	5:52	6:18	
27	Sat	8:22	3.2	9:09	2.9	2:33	0.2	3:26	0.0	5:50	6:19	
28	Sun	9:33	3.3	10:10	3.2	3:36	0.1	4:21	-0.2	5:49	6:20	
29	Mon	10:32	3.4	11:02	3.4	4:34	-0.1	5:11	-0.4	5:47	6:21	
30	Tue	11:22	3.5	11:49	3.6	5:27	-0.3	5:59	-0.5	5:45	6:22	
31	Wed			12:07	3.6	6:18	-0.4	6:44	-0.5	5:43	6:23	