US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 1780

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**10:34**	3.0	**10:55**	3.3	**4:45**	0.4	**4:54**	0.2	4:54	6:58	
2	Tue	**11:13**	3.1	**11:27**	3.5	**5:28**	0.3	**5:32**	0.2	4:53	6:59	
3	Wed	**11:49**	3.1	**11:57**	3.6	**6:11**	0.1	**6:11**	0.1	4:52	7:00	
4	Thu			**12:25**	3.1	**6:54**	0.0	**6:50**	0.1	4:50	7:01	
5	Fri	**12:27**	3.7	**1:03**	3.1	**7:37**	-0.1	**7:28**	0.1	4:49	7:02	
6	Sat	**1:01**	3.8	**1:45**	3.0	**8:19**	-0.1	**8:08**	0.1	4:48	7:03	
7	Sun	**1:41**	3.7	**2:34**	2.9	**9:02**	-0.1	**8:49**	0.2	4:47	7:04	
8	Mon	**2:30**	3.7	**3:32**	2.9	**9:49**	0.0	**9:35**	0.3	4:46	7:05	
9	Tue	**3:28**	3.6	**4:36**	2.9	**10:43**	0.2	**10:32**	0.4	4:44	7:06	
10	Wed	**4:35**	3.5	**5:38**	2.9	**11:47**	0.2	**11:47**	0.5	4:43	7:07	
11	Thu	**5:41**	3.4	**6:37**	3.0			**12:54**	0.2	4:42	7:08	
12	Fri	**6:46**	3.3	**7:39**	3.2	**1:06**	0.5	**1:56**	0.1	4:41	7:09	
13	Sat	**7:52**	3.3	**8:41**	3.4	**2:16**	0.4	**2:52**	0.0	4:40	7:10	
14	Sun	**8:58**	3.3	**9:39**	3.6	**3:17**	0.2	**3:43**	-0.1	4:39	7:11	
15	Mon	**9:58**	3.3	**10:30**	3.9	**4:13**	0.0	**4:32**	-0.2	4:38	7:12	
16	Tue	**10:51**	3.4	**11:16**	4.0	**5:06**	-0.1	**5:20**	-0.2	4:37	7:13	
17	Wed	**11:39**	3.4			**5:57**	-0.2	**6:07**	-0.2	4:36	7:14	
18	Thu	**12:00**	4.0	**12:26**	3.3	**6:47**	-0.3	**6:53**	-0.1	4:35	7:15	
19	Fri	**12:43**	4.0	**1:13**	3.2	**7:34**	-0.2	**7:38**	0.1	4:35	7:16	
20	Sat	**1:26**	3.8	**2:02**	3.0	**8:19**	-0.2	**8:20**	0.3	4:34	7:17	
21	Sun	**2:11**	3.6	**2:54**	2.9	**9:02**	0.0	**9:01**	0.5	4:33	7:18	
22	Mon	**2:59**	3.4	**3:48**	2.8	**9:46**	0.2	**9:43**	0.7	4:32	7:19	
23	Tue	**3:51**	3.3	**4:42**	2.7	**10:31**	0.4	**10:29**	0.9	4:31	7:20	
24	Wed	**4:43**	3.1	**5:32**	2.7	**11:22**	0.5	**11:27**	1.0	4:31	7:21	
25	Thu	**5:33**	3.0	**6:20**	2.7			**12:17**	0.6	4:30	7:22	
26	Fri	**6:21**	2.9	**7:07**	2.8	**12:34**	1.1	**1:10**	0.6	4:29	7:23	
27	Sat	**7:10**	2.8	**7:55**	2.9	**1:37**	1.0	**2:00**	0.6	4:29	7:23	
28	Sun	**8:02**	2.8	**8:44**	3.0	**2:33**	0.9	**2:45**	0.5	4:28	7:24	
29	Mon	**8:58**	2.8	**9:30**	3.2	**3:24**	0.8	**3:27**	0.4	4:28	7:25	
30	Tue	**9:49**	2.8	**10:10**	3.4	**4:11**	0.6	**4:08**	0.3	4:27	7:26	
31	Wed	**10:34**	2.9	**10:47**	3.6	**4:56**	0.4	**4:49**	0.3	4:27	7:27	