US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1781

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:20	2.5	5:24	2.6	11:21	0.7	11:50	0.3	7:27	4:40	
2	Tue	6:02	2.6	6:08	2.5			12:26	0.8	7:27	4:41	
3	Wed	6:44	2.6	6:54	2.4	12:40	0.4	1:30	0.7	7:27	4:42	
4	Thu	7:29	2.7	7:47	2.3	1:31	0.4	2:29	0.6	7:27	4:43	
5	Fri	8:18	2.8	8:49	2.3	2:22	0.4	3:22	0.5	7:27	4:44	
6	Sat	9:11	2.9	9:47	2.4	3:10	0.3	4:12	0.3	7:27	4:45	
7	Sun	10:01	3.1	10:37	2.5	3:58	0.2	5:00	0.1	7:27	4:46	
8	Mon	10:46	3.3	11:22	2.6	4:46	0.0	5:49	-0.1	7:26	4:47	
9	Tue	11:29	3.5			5:35	-0.1	6:37	-0.3	7:26	4:48	
10	Wed	12:06	2.8	12:13	3.7	6:25	-0.2	7:23	-0.5	7:26	4:49	
11	Thu	12:51	2.9	12:59	3.7	7:15	-0.4	8:08	-0.6	7:26	4:50	
12	Fri	1:40	3.0	1:49	3.7	8:04	-0.4	8:53	-0.6	7:25	4:51	
13	Sat	2:33	3.0	2:43	3.6	8:53	-0.4	9:38	-0.6	7:25	4:52	
14	Sun	3:29	3.1	3:39	3.4	9:45	-0.3	10:26	-0.5	7:25	4:54	
15	Mon	4:26	3.2	4:37	3.2	10:42	-0.2	11:19	-0.4	7:24	4:55	
16	Tue	5:22	3.2	5:34	3.0	11:48	0.0			7:24	4:56	
17	Wed	6:17	3.2	6:31	2.8	12:18	-0.2	12:58	0.1	7:23	4:57	
18	Thu	7:14	3.2	7:33	2.6	1:19	-0.1	2:06	0.1	7:22	4:58	
19	Fri	8:15	3.2	8:41	2.5	2:20	-0.1	3:08	0.0	7:22	5:00	
20	Sat	9:18	3.2	9:48	2.5	3:17	0.0	4:05	0.0	7:21	5:01	
21	Sun	10:15	3.3	10:44	2.6	4:11	0.0	4:58	-0.1	7:21	5:02	
22	Mon	11:06	3.3	11:33	2.7	5:03	0.0	5:48	-0.2	7:20	5:03	
23	Tue	11:51	3.4			5:52	-0.1	6:35	-0.3	7:19	5:04	
24	Wed	12:18	2.7	12:33	3.4	6:39	-0.1	7:19	-0.3	7:18	5:06	
25	Thu	1:01	2.8	1:14	3.3	7:23	-0.1	7:58	-0.3	7:18	5:07	
26	Fri	1:43	2.8	1:54	3.2	8:03	0.0	8:35	-0.3	7:17	5:08	
27	Sat	2:25	2.7	2:35	3.1	8:41	0.0	9:09	-0.2	7:16	5:09	
28	Sun	3:06	2.7	3:15	2.9	9:17	0.2	9:41	-0.1	7:15	5:11	
29	Mon	3:47	2.7	3:55	2.7	9:53	0.3	10:12	0.1	7:14	5:12	
30	Tue	4:27	2.6	4:35	2.5	10:32	0.5	10:43	0.2	7:13	5:13	
31	Wed	5:04	2.6	5:16	2.4	11:22	0.6	11:19	0.3	7:12	5:14	