US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1785

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:31	2.6	4:22	2.7	10:18	0.5	10:54	0.3	7:27	4:40	
2	Sun	5:14	2.6	5:03	2.5	11:06	0.6	11:35	0.4	7:27	4:41	
3	Mon	5:54	2.6	5:45	2.4			12:09	0.7	7:27	4:42	
4	Tue	6:34	2.7	6:31	2.3	12:24	0.4	1:18	0.7	7:27	4:43	
5	Wed	7:18	2.7	7:26	2.2	1:20	0.4	2:21	0.6	7:27	4:44	
6	Thu	8:11	2.9	8:35	2.3	2:17	0.4	3:18	0.4	7:27	4:45	
7	Fri	9:10	3.0	9:41	2.4	3:11	0.3	4:10	0.2	7:27	4:46	
8	Sat	10:05	3.3	10:35	2.5	4:03	0.1	5:01	-0.1	7:26	4:47	
9	Sun	10:54	3.5	11:24	2.7	4:55	0.0	5:51	-0.3	7:26	4:48	
10	Mon	11:42	3.7			5:48	-0.2	6:41	-0.5	7:26	4:49	
11	Tue	12:11	2.9	12:29	3.8	6:41	-0.4	7:28	-0.7	7:26	4:50	
12	Wed	12:59	3.1	1:18	3.8	7:32	-0.5	8:14	-0.8	7:25	4:51	
13	Thu	1:50	3.2	2:10	3.7	8:22	-0.6	8:59	-0.8	7:25	4:53	
14	Fri	2:45	3.2	3:04	3.6	9:13	-0.5	9:44	-0.7	7:25	4:54	
15	Sat	3:42	3.3	4:01	3.3	10:06	-0.3	10:33	-0.6	7:24	4:55	
16	Sun	4:38	3.3	4:58	3.1	11:06	-0.1	11:27	-0.4	7:24	4:56	
17	Mon	5:34	3.2	5:54	2.9			12:13	0.0	7:23	4:57	
18	Tue	6:29	3.2	6:52	2.7	12:27	-0.2	1:23	0.1	7:22	4:58	
19	Wed	7:27	3.1	7:55	2.5	1:30	0.0	2:28	0.1	7:22	5:00	
20	Thu	8:30	3.0	9:03	2.5	2:30	0.1	3:28	0.1	7:21	5:01	
21	Fri	9:34	3.1	10:05	2.5	3:27	0.1	4:22	0.0	7:21	5:02	
22	Sat	10:29	3.1	10:57	2.6	4:20	0.1	5:13	-0.1	7:20	5:03	
23	Sun	11:16	3.2	11:43	2.7	5:09	0.0	6:00	-0.2	7:19	5:04	
24	Mon	11:57	3.2			5:56	0.0	6:44	-0.2	7:18	5:06	
25	Tue	12:25	2.8	12:37	3.2	6:41	-0.1	7:24	-0.3	7:18	5:07	
26	Wed	1:05	2.8	1:14	3.2	7:23	-0.1	8:01	-0.3	7:17	5:08	
27	Thu	1:45	2.8	1:50	3.1	8:01	0.0	8:35	-0.2	7:16	5:09	
28	Fri	2:25	2.8	2:25	2.9	8:38	0.0	9:06	-0.1	7:15	5:11	
29	Sat	3:03	2.8	2:59	2.8	9:12	0.1	9:35	0.0	7:14	5:12	
30	Sun	3:41	2.7	3:33	2.6	9:46	0.3	10:01	0.1	7:13	5:13	
31	Mon	4:17	2.7	4:09	2.5	10:22	0.4	10:27	0.2	7:12	5:14	