US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1789

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