US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1790

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:06	3.6	12:24	3.8	6:43	-0.7	7:15	-0.8	6:33	5:50	
2	Tue	12:54	3.7	1:13	3.7	7:34	-0.9	8:01	-0.9	6:32	5:51	
3	Wed	1:43	3.8	2:05	3.6	8:24	-0.8	8:47	-0.8	6:30	5:52	
4	Thu	2:36	3.8	3:00	3.4	9:14	-0.7	9:34	-0.6	6:29	5:54	
5	Fri	3:32	3.7	3:59	3.2	10:07	-0.5	10:25	-0.4	6:27	5:55	
6	Sat	4:31	3.5	4:59	3.0	11:05	-0.2	11:24	-0.1	6:25	5:56	
7	Sun	5:29	3.4	5:59	2.9			12:11	0.0	6:24	5:57	
8	Mon	6:27	3.2	6:59	2.7	12:31	0.1	1:18	0.1	6:22	5:58	
9	Tue	7:28	3.1	8:03	2.7	1:38	0.2	2:22	0.1	6:20	5:59	
10	Wed	8:32	3.0	9:08	2.7	2:40	0.2	3:19	0.1	6:19	6:01	
11	Thu	9:34	3.0	10:04	2.8	3:37	0.2	4:09	0.0	6:17	6:02	
12	Fri	10:26	3.1	10:51	3.0	4:27	0.1	4:55	-0.1	6:15	6:03	
13	Sat	11:10	3.2	11:32	3.1	5:14	0.0	5:38	-0.1	6:14	6:04	
14	Sun	11:50	3.2			5:58	-0.1	6:19	-0.2	6:12	6:05	
15	Mon	12:10	3.2	12:28	3.2	6:41	-0.1	6:57	-0.2	6:10	6:06	
16	Tue	12:45	3.3	1:05	3.2	7:21	-0.1	7:33	-0.2	6:09	6:07	
17	Wed	1:19	3.3	1:41	3.1	7:59	-0.1	8:06	-0.1	6:07	6:08	
18	Thu	1:52	3.2	2:18	2.9	8:35	0.0	8:37	0.0	6:05	6:09	
19	Fri	2:21	3.1	2:54	2.8	9:09	0.1	9:05	0.1	6:03	6:11	
20	Sat	2:49	3.1	3:32	2.7	9:42	0.2	9:33	0.3	6:02	6:12	
21	Sun	3:21	3.0	4:14	2.6	10:18	0.4	10:05	0.4	6:00	6:13	
22	Mon	4:03	3.0	5:02	2.5	11:05	0.5	10:50	0.5	5:58	6:14	
23	Tue	4:55	2.9	5:54	2.5			12:18	0.5	5:57	6:15	
24	Wed	5:53	2.9	6:53	2.6			1:32	0.5	5:55	6:16	
25	Thu	6:58	3.0	7:59	2.7	1:29	0.5	2:34	0.3	5:53	6:17	
26	Fri	8:12	3.1	9:06	3.0	2:41	0.3	3:29	0.1	5:51	6:18	
27	Sat	9:24	3.3	10:04	3.3	3:41	0.0	4:20	-0.2	5:50	6:19	
28	Sun	10:23	3.5	10:55	3.7	4:38	-0.3	5:10	-0.4	5:48	6:20	
29	Mon	11:16	3.7	11:44	3.9	5:32	-0.5	6:00	-0.6	5:46	6:22	
30	Tue			12:05	3.7	6:26	-0.7	6:49	-0.7	5:45	6:23	
31	Wed	12:32	4.1	12:56	3.7	7:18	-0.8	7:37	-0.7	5:43	6:24	