US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 1790

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:53	4.1	2:29	3.4	8:42	-0.6	8:53	-0.2	4:55	6:57	
2	Sun	2:48	3.9	3:28	3.3	9:32	-0.4	9:44	0.0	4:54	6:58	
3	Mon	3:46	3.7	4:28	3.2	10:24	-0.2	10:38	0.3	4:52	6:59	
4	Tue	4:43	3.5	5:24	3.1	11:20	0.1	11:39	0.5	4:51	7:00	
5	Wed	5:38	3.3	6:18	3.0			12:19	0.2	4:50	7:02	
6	Thu	6:31	3.1	7:10	3.0	12:44	0.7	1:17	0.3	4:48	7:03	
7	Fri	7:25	3.0	8:03	3.0	1:46	0.7	2:10	0.4	4:47	7:04	
8	Sat	8:21	2.9	8:56	3.1	2:42	0.6	2:58	0.4	4:46	7:05	
9	Sun	9:16	2.9	9:45	3.2	3:33	0.5	3:42	0.3	4:45	7:06	
10	Mon	10:06	2.9	10:29	3.4	4:19	0.4	4:24	0.3	4:44	7:07	
11	Tue	10:51	3.0	11:07	3.5	5:04	0.3	5:04	0.3	4:43	7:08	
12	Wed	11:31	3.0	11:42	3.6	5:47	0.2	5:45	0.2	4:42	7:09	
13	Thu			12:10	3.0	6:30	0.1	6:25	0.2	4:41	7:10	
14	Fri	12:14	3.6	12:48	3.0	7:11	0.0	7:04	0.2	4:40	7:11	
15	Sat	12:44	3.6	1:26	3.0	7:51	0.0	7:42	0.3	4:39	7:12	
16	Sun	1:13	3.6	2:05	2.9	8:29	0.0	8:18	0.3	4:38	7:13	
17	Mon	1:46	3.5	2:47	2.9	9:07	0.1	8:55	0.4	4:37	7:14	
18	Tue	2:26	3.5	3:36	2.9	9:47	0.1	9:35	0.4	4:36	7:15	
19	Wed	3:16	3.4	4:28	2.9	10:31	0.2	10:24	0.5	4:35	7:16	
20	Thu	4:14	3.3	5:21	3.0	11:24	0.3	11:31	0.6	4:34	7:17	
21	Fri	5:14	3.3	6:14	3.2			12:26	0.2	4:33	7:18	
22	Sat	6:15	3.2	7:11	3.4	12:49	0.5	1:28	0.2	4:32	7:19	
23	Sun	7:19	3.2	8:11	3.6	2:00	0.4	2:27	0.0	4:32	7:20	
24	Mon	8:28	3.2	9:13	3.8	3:03	0.2	3:22	-0.1	4:31	7:20	
25	Tue	9:36	3.3	10:10	4.0	4:01	-0.1	4:15	-0.2	4:30	7:21	
26	Wed	10:35	3.4	11:03	4.2	4:57	-0.3	5:08	-0.3	4:30	7:22	
27	Thu	11:30	3.5	11:53	4.2	5:51	-0.4	6:01	-0.3	4:29	7:23	
28	Fri			12:23	3.5	6:44	-0.5	6:54	-0.3	4:28	7:24	
29	Sat	12:43	4.2	1:16	3.5	7:35	-0.5	7:45	-0.2	4:28	7:25	
30	Sun	1:34	4.1	2:12	3.4	8:24	-0.5	8:34	0.0	4:27	7:25	
31	Mon	2:26	3.9	3:08	3.3	9:12	-0.3	9:22	0.2	4:27	7:26	