US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1791

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:24	3.5	9:51	3.0	3:29	-0.3	4:14	-0.3	7:27	4:40	
2	Sun	10:23	3.7	10:50	3.1	4:25	-0.4	5:09	-0.5	7:27	4:41	
3	Mon	11:16	3.8	11:43	3.2	5:20	-0.5	6:02	-0.7	7:27	4:42	
4	Tue			12:06	3.9	6:13	-0.6	6:53	-0.8	7:27	4:43	
5	Wed	12:34	3.2	12:55	3.8	7:04	-0.6	7:42	-0.8	7:27	4:44	
6	Thu	1:25	3.2	1:43	3.7	7:53	-0.5	8:28	-0.7	7:27	4:45	
7	Fri	2:16	3.2	2:33	3.5	8:40	-0.4	9:11	-0.6	7:27	4:46	
8	Sat	3:08	3.1	3:23	3.3	9:26	-0.2	9:55	-0.4	7:27	4:47	
9	Sun	3:59	3.0	4:14	3.1	10:12	0.1	10:39	-0.1	7:26	4:48	
10	Mon	4:49	2.9	5:03	2.9	11:04	0.3	11:27	0.1	7:26	4:49	
11	Tue	5:36	2.8	5:51	2.7			12:02	0.5	7:26	4:50	
12	Wed	6:23	2.7	6:39	2.5	12:18	0.2	1:04	0.5	7:25	4:51	
13	Thu	7:10	2.7	7:32	2.4	1:12	0.3	2:03	0.5	7:25	4:52	
14	Fri	8:03	2.7	8:30	2.3	2:05	0.3	2:58	0.4	7:25	4:53	
15	Sat	8:59	2.8	9:28	2.4	2:55	0.3	3:47	0.3	7:24	4:54	
16	Sun	9:51	2.9	10:20	2.5	3:43	0.2	4:34	0.2	7:24	4:55	
17	Mon	10:35	3.1	11:04	2.6	4:29	0.1	5:19	0.0	7:23	4:57	
18	Tue	11:14	3.2	11:44	2.8	5:14	0.0	6:03	-0.2	7:23	4:58	
19	Wed	11:50	3.3			5:58	-0.1	6:46	-0.3	7:22	4:59	
20	Thu	12:22	2.9	12:25	3.4	6:43	-0.2	7:27	-0.4	7:22	5:00	
21	Fri	1:00	2.9	1:01	3.4	7:26	-0.3	8:06	-0.5	7:21	5:01	
22	Sat	1:38	3.0	1:40	3.4	8:08	-0.4	8:45	-0.5	7:20	5:03	
23	Sun	2:21	3.1	2:25	3.3	8:51	-0.4	9:24	-0.5	7:19	5:04	
24	Mon	3:09	3.1	3:15	3.2	9:36	-0.3	10:06	-0.4	7:19	5:05	
25	Tue	4:02	3.1	4:12	3.1	10:28	-0.2	10:56	-0.3	7:18	5:06	
26	Wed	4:58	3.2	5:11	2.9	11:32	0.0	11:57	-0.2	7:17	5:08	
27	Thu	5:55	3.2	6:12	2.8			12:45	0.1	7:16	5:09	
28	Fri	6:55	3.2	7:18	2.7	1:05	-0.1	1:55	0.0	7:15	5:10	
29	Sat	8:01	3.2	8:30	2.7	2:12	-0.1	3:00	-0.1	7:14	5:11	
30	Sun	9:09	3.3	9:40	2.8	3:14	-0.2	3:58	-0.3	7:13	5:13	
31	Mon	10:11	3.4	10:40	3.0	4:11	-0.3	4:53	-0.4	7:12	5:14	