US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1792

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:23	3.0	6:39	2.8	12:22	-0.1	12:59	0.3	7:27	4:40	
2	Mon	7:15	2.9	7:33	2.7	1:18	0.1	2:01	0.3	7:27	4:41	
3	Tue	8:09	2.9	8:31	2.6	2:12	0.1	2:57	0.3	7:27	4:42	
4	Wed	9:04	2.9	9:27	2.6	3:02	0.1	3:47	0.2	7:27	4:42	
5	Thu	9:54	3.0	10:18	2.6	3:48	0.1	4:34	0.1	7:27	4:43	
6	Fri	10:39	3.1	11:04	2.7	4:32	0.1	5:19	0.0	7:27	4:44	
7	Sat	11:20	3.2	11:45	2.8	5:15	0.0	6:02	-0.1	7:27	4:45	
8	Sun	11:57	3.3			5:58	0.0	6:44	-0.2	7:27	4:46	
9	Mon	12:25	2.8	12:31	3.3	6:40	-0.1	7:24	-0.2	7:26	4:47	
10	Tue	1:04	2.8	1:04	3.2	7:20	-0.1	8:02	-0.3	7:26	4:48	
11	Wed	1:41	2.8	1:34	3.2	7:57	-0.1	8:37	-0.2	7:26	4:50	
12	Thu	2:17	2.7	2:05	3.1	8:33	0.0	9:11	-0.2	7:26	4:51	
13	Fri	2:54	2.7	2:41	3.1	9:08	0.0	9:44	-0.1	7:25	4:52	
14	Sat	3:34	2.8	3:24	3.0	9:46	0.1	10:20	-0.1	7:25	4:53	
15	Sun	4:19	2.8	4:16	2.9	10:33	0.2	11:05	0.0	7:24	4:54	
16	Mon	5:09	2.9	5:13	2.8	11:37	0.3			7:24	4:55	
17	Tue	6:02	3.0	6:13	2.7	12:05	0.0	12:57	0.3	7:23	4:56	
18	Wed	7:01	3.1	7:19	2.7	1:16	0.0	2:09	0.1	7:23	4:57	
19	Thu	8:07	3.2	8:35	2.7	2:23	-0.1	3:13	-0.1	7:22	4:59	
20	Fri	9:17	3.4	9:46	2.9	3:24	-0.3	4:12	-0.3	7:22	5:00	
21	Sat	10:19	3.6	10:47	3.1	4:22	-0.4	5:08	-0.6	7:21	5:01	
22	Sun	11:14	3.8	11:42	3.2	5:19	-0.6	6:01	-0.8	7:20	5:02	
23	Mon			12:05	3.9	6:14	-0.7	6:53	-0.9	7:20	5:04	
24	Tue	12:34	3.4	12:56	3.9	7:07	-0.8	7:42	-1.0	7:19	5:05	
25	Wed	1:26	3.4	1:47	3.8	7:57	-0.7	8:29	-0.9	7:18	5:06	
26	Thu	2:18	3.3	2:39	3.6	8:46	-0.6	9:15	-0.8	7:17	5:07	
27	Fri	3:12	3.3	3:31	3.4	9:34	-0.4	10:00	-0.5	7:16	5:09	
28	Sat	4:04	3.1	4:24	3.1	10:25	-0.1	10:47	-0.3	7:16	5:10	
29	Sun	4:56	3.0	5:15	2.9	11:20	0.1	11:38	0.0	7:15	5:11	
30	Mon	5:45	2.9	6:05	2.7			12:21	0.3	7:14	5:12	
31	Tue	6:34	2.8	6:57	2.5	12:33	0.2	1:23	0.4	7:13	5:14	