US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1796

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:51	2.9	6:01	2.8			12:08	0.4	7:27	4:40	
2	Sat	6:40	2.9	6:51	2.7	12:45	0.1	1:11	0.5	7:27	4:41	
3	Sun	7:31	2.8	7:44	2.5	1:39	0.2	2:11	0.5	7:27	4:42	
4	Mon	8:23	2.9	8:41	2.4	2:29	0.2	3:05	0.4	7:27	4:42	
5	Tue	9:16	2.9	9:37	2.4	3:15	0.2	3:54	0.3	7:27	4:43	
6	Wed	10:04	3.1	10:27	2.5	3:59	0.2	4:40	0.2	7:27	4:44	
7	Thu	10:47	3.2	11:10	2.6	4:41	0.1	5:24	0.0	7:27	4:45	
8	Fri	11:26	3.3	11:50	2.6	5:24	0.1	6:08	-0.1	7:27	4:46	
9	Sat			12:03	3.3	6:06	0.0	6:50	-0.2	7:26	4:47	
10	Sun	12:28	2.7	12:37	3.3	6:48	0.0	7:31	-0.3	7:26	4:48	
11	Mon	1:05	2.7	1:11	3.3	7:28	0.0	8:09	-0.3	7:26	4:50	
12	Tue	1:40	2.7	1:45	3.3	8:05	0.0	8:46	-0.3	7:26	4:51	
13	Wed	2:17	2.7	2:23	3.2	8:42	0.0	9:22	-0.3	7:25	4:52	
14	Thu	2:58	2.7	3:07	3.2	9:20	0.1	10:00	-0.2	7:25	4:53	
15	Fri	3:45	2.7	3:57	3.1	10:04	0.1	10:42	-0.1	7:24	4:54	
16	Sat	4:37	2.8	4:53	2.9	11:01	0.2	11:35	-0.1	7:24	4:55	
17	Sun	5:30	2.9	5:50	2.8			12:17	0.3	7:23	4:56	
18	Mon	6:26	3.0	6:51	2.8	12:37	-0.1	1:33	0.2	7:23	4:58	
19	Tue	7:27	3.2	8:00	2.7	1:43	-0.1	2:41	0.1	7:22	4:59	
20	Wed	8:36	3.3	9:12	2.8	2:46	-0.2	3:43	-0.2	7:22	5:00	
21	Thu	9:43	3.5	10:17	2.9	3:45	-0.3	4:40	-0.4	7:21	5:01	
22	Fri	10:42	3.6	11:14	3.0	4:42	-0.4	5:35	-0.6	7:20	5:02	
23	Sat	11:35	3.7			5:37	-0.5	6:28	-0.7	7:20	5:04	
24	Sun	12:07	3.2	12:25	3.8	6:31	-0.6	7:18	-0.8	7:19	5:05	
25	Mon	12:58	3.2	1:15	3.7	7:23	-0.6	8:06	-0.8	7:18	5:06	
26	Tue	1:49	3.2	2:04	3.6	8:11	-0.5	8:51	-0.7	7:17	5:07	
27	Wed	2:41	3.1	2:54	3.4	8:58	-0.4	9:34	-0.5	7:16	5:09	
28	Thu	3:32	3.1	3:45	3.2	9:44	-0.2	10:18	-0.3	7:15	5:10	
29	Fri	4:23	3.0	4:35	2.9	10:32	0.1	11:04	-0.1	7:15	5:11	
30	Sat	5:11	2.9	5:23	2.7	11:26	0.3	11:54	0.2	7:14	5:12	
31	Sun	5:58	2.8	6:11	2.5			12:26	0.4	7:13	5:14	