US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1797

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:54	3.0	2:09	3.1	8:35	-0.1	8:51	-0.2	6:33	5:50	
2	Thu	2:26	3.1	2:47	3.0	9:11	-0.1	9:23	-0.2	6:31	5:52	
3	Fri	3:04	3.1	3:33	2.9	9:51	0.0	9:57	-0.1	6:30	5:53	
4	Sat	3:51	3.2	4:26	2.8	10:40	0.2	10:40	0.1	6:28	5:54	
5	Sun	4:45	3.2	5:25	2.7	11:49	0.3	11:42	0.2	6:26	5:55	
6	Mon	5:44	3.2	6:29	2.6			1:09	0.3	6:25	5:56	
7	Tue	6:50	3.1	7:41	2.6	1:05	0.2	2:21	0.2	6:23	5:57	
8	Wed	8:07	3.2	8:57	2.7	2:22	0.2	3:24	0.0	6:22	5:59	
9	Thu	9:23	3.3	10:04	3.0	3:28	0.0	4:21	-0.2	6:20	6:00	
10	Fri	10:27	3.5	11:00	3.3	4:28	-0.2	5:14	-0.4	6:18	6:01	
11	Sat	11:21	3.7	11:50	3.5	5:24	-0.4	6:05	-0.6	6:17	6:02	
12	Sun			12:09	3.7	6:18	-0.6	6:53	-0.7	6:15	6:03	
13	Mon	12:38	3.6	12:57	3.7	7:09	-0.6	7:39	-0.7	6:13	6:04	
14	Tue	1:25	3.7	1:43	3.6	7:57	-0.6	8:21	-0.6	6:11	6:05	
15	Wed	2:11	3.6	2:31	3.4	8:42	-0.5	9:03	-0.4	6:10	6:06	
16	Thu	2:58	3.5	3:20	3.1	9:27	-0.3	9:43	-0.1	6:08	6:08	
17	Fri	3:45	3.3	4:11	2.9	10:12	0.0	10:24	0.2	6:06	6:09	
18	Sat	4:34	3.2	5:02	2.7	11:03	0.2	11:11	0.4	6:05	6:10	
19	Sun	5:22	3.0	5:54	2.5			12:02	0.4	6:03	6:11	
20	Mon	6:12	2.8	6:47	2.4	12:09	0.7	1:06	0.6	6:01	6:12	
21	Tue	7:05	2.7	7:45	2.3	1:14	0.8	2:07	0.6	5:59	6:13	
22	Wed	8:06	2.7	8:48	2.4	2:16	0.8	3:02	0.5	5:58	6:14	
23	Thu	9:09	2.8	9:45	2.5	3:12	0.7	3:50	0.4	5:56	6:15	
24	Fri	10:02	2.9	10:32	2.7	4:02	0.5	4:34	0.2	5:54	6:16	
25	Sat	10:47	3.1	11:12	2.9	4:48	0.4	5:16	0.1	5:53	6:17	
26	Sun	11:25	3.2	11:46	3.1	5:32	0.2	5:56	0.0	5:51	6:19	
27	Mon			12:01	3.3	6:15	0.0	6:35	-0.1	5:49	6:20	
28	Tue	12:18	3.3	12:35	3.3	6:57	-0.1	7:12	-0.2	5:48	6:21	
29	Wed	12:48	3.4	1:10	3.3	7:38	-0.2	7:48	-0.2	5:46	6:22	
30	Thu	1:20	3.5	1:47	3.2	8:18	-0.2	8:23	-0.2	5:44	6:23	
31	Fri	1:56	3.5	2:30	3.1	8:58	-0.2	8:59	-0.1	5:42	6:24	