US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1797

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:24	3.5	6:14	3.3			12:19	0.0	4:26	7:27	
2	Fri	6:24	3.4	7:10	3.4	12:37	0.4	1:19	0.0	4:26	7:28	
3	Sat	7:23	3.3	8:08	3.5	1:44	0.4	2:16	0.0	4:25	7:29	
4	Sun	8:24	3.2	9:05	3.6	2:46	0.3	3:08	0.0	4:25	7:29	
5	Mon	9:24	3.1	9:57	3.7	3:41	0.2	3:57	0.0	4:25	7:30	
6	Tue	10:18	3.1	10:43	3.8	4:33	0.1	4:43	0.1	4:24	7:31	
7	Wed	11:06	3.1	11:25	3.8	5:22	0.1	5:27	0.1	4:24	7:31	
8	Thu	11:50	3.1			6:09	0.0	6:11	0.2	4:24	7:32	
9	Fri	12:05	3.8	12:33	3.0	6:54	0.0	6:54	0.3	4:24	7:32	
10	Sat	12:44	3.7	1:17	3.0	7:37	0.0	7:35	0.4	4:24	7:33	
11	Sun	1:23	3.6	2:02	2.9	8:18	0.1	8:14	0.5	4:24	7:34	
12	Mon	2:04	3.5	2:50	2.8	8:57	0.2	8:51	0.6	4:23	7:34	
13	Tue	2:47	3.3	3:39	2.7	9:35	0.3	9:28	0.8	4:23	7:34	
14	Wed	3:32	3.2	4:28	2.7	10:14	0.4	10:07	0.9	4:23	7:35	
15	Thu	4:18	3.1	5:13	2.7	10:56	0.5	10:54	1.0	4:23	7:35	
16	Fri	5:02	3.0	5:54	2.8	11:43	0.5	11:59	1.0	4:23	7:36	
17	Sat	5:45	2.9	6:33	2.9			12:34	0.6	4:24	7:36	
18	Sun	6:30	2.9	7:14	3.0	1:08	1.0	1:25	0.5	4:24	7:36	
19	Mon	7:21	2.9	8:01	3.2	2:10	0.9	2:15	0.4	4:24	7:37	
20	Tue	8:21	2.9	8:54	3.4	3:06	0.6	3:03	0.3	4:24	7:37	
21	Wed	9:24	2.9	9:46	3.7	3:59	0.4	3:52	0.2	4:24	7:37	
22	Thu	10:21	3.1	10:36	3.9	4:51	0.2	4:42	0.1	4:25	7:37	
23	Fri	11:13	3.2	11:25	4.1	5:43	-0.1	5:35	0.0	4:25	7:37	
24	Sat			12:04	3.3	6:36	-0.2	6:29	-0.1	4:25	7:37	
25	Sun	12:15	4.2	12:58	3.3	7:28	-0.4	7:24	-0.1	4:25	7:38	
26	Mon	1:08	4.2	1:56	3.4	8:19	-0.4	8:18	-0.1	4:26	7:38	
27	Tue	2:06	4.1	2:57	3.4	9:08	-0.4	9:11	0.0	4:26	7:38	
28	Wed	3:07	3.9	3:59	3.4	10:00	-0.3	10:08	0.1	4:27	7:38	
29	Thu	4:09	3.8	4:59	3.5	10:54	-0.2	11:10	0.3	4:27	7:38	
30	Fri	5:09	3.6	5:54	3.5	11:52	-0.1			4:28	7:37	