US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1806

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:42	3.3	9:23	2.6	2:53	0.1	3:58	0.0	7:27	4:39	
2	Thu	9:46	3.5	10:24	2.8	3:51	-0.1	4:52	-0.2	7:27	4:40	
3	Fri	10:43	3.7	11:19	3.0	4:47	-0.3	5:46	-0.5	7:27	4:41	
4	Sat	11:36	3.9			5:43	-0.5	6:38	-0.7	7:27	4:42	
5	Sun	12:11	3.2	12:28	4.0	6:39	-0.6	7:29	-0.8	7:27	4:43	
6	Mon	1:04	3.3	1:20	3.9	7:32	-0.7	8:17	-0.9	7:27	4:44	
7	Tue	1:59	3.4	2:15	3.8	8:24	-0.7	9:04	-0.9	7:27	4:45	
8	Wed	2:56	3.4	3:11	3.6	9:16	-0.5	9:53	-0.7	7:27	4:46	
9	Thu	3:53	3.3	4:08	3.3	10:09	-0.3	10:43	-0.5	7:26	4:47	
10	Fri	4:49	3.3	5:04	3.1	11:07	-0.1	11:38	-0.3	7:26	4:48	
11	Sat	5:43	3.2	5:58	2.8			12:11	0.1	7:26	4:49	
12	Sun	6:35	3.1	6:52	2.6	12:36	-0.1	1:17	0.2	7:26	4:50	
13	Mon	7:29	3.0	7:51	2.5	1:35	0.1	2:19	0.3	7:25	4:51	
14	Tue	8:26	3.0	8:54	2.4	2:31	0.2	3:16	0.2	7:25	4:52	
15	Wed	9:24	3.0	9:53	2.4	3:23	0.2	4:07	0.1	7:25	4:54	
16	Thu	10:16	3.1	10:43	2.5	4:11	0.2	4:55	0.0	7:24	4:55	
17	Fri	11:01	3.2	11:27	2.6	4:57	0.1	5:39	-0.1	7:24	4:56	
18	Sat	11:42	3.2			5:42	0.1	6:22	-0.1	7:23	4:57	
19	Sun	12:07	2.7	12:20	3.2	6:25	0.0	7:02	-0.2	7:22	4:58	
20	Mon	12:46	2.7	12:56	3.2	7:06	0.0	7:40	-0.3	7:22	4:59	
21	Tue	1:23	2.8	1:31	3.2	7:45	0.0	8:14	-0.3	7:21	5:01	
22	Wed	1:58	2.8	2:03	3.1	8:21	0.0	8:46	-0.2	7:21	5:02	
23	Thu	2:31	2.7	2:35	2.9	8:54	0.1	9:16	-0.2	7:20	5:03	
24	Fri	3:03	2.7	3:08	2.8	9:27	0.2	9:44	-0.1	7:19	5:04	
25	Sat	3:36	2.8	3:48	2.7	10:03	0.3	10:15	0.0	7:18	5:06	
26	Sun	4:17	2.8	4:36	2.6	10:49	0.4	10:56	0.1	7:18	5:07	
27	Mon	5:04	2.9	5:31	2.5			12:00	0.4	7:17	5:08	
28	Tue	5:58	3.0	6:31	2.4			1:24	0.4	7:16	5:09	
29	Wed	7:00	3.0	7:43	2.4	1:11	0.2	2:34	0.2	7:15	5:11	
30	Thu	8:12	3.2	9:01	2.6	2:26	0.1	3:36	0.0	7:14	5:12	
31	Fri	9:27	3.3	10:08	2.8	3:32	-0.1	4:32	-0.3	7:13	5:13	