US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 1809

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:06	3.3	6:12	0.0	7:00	-0.2	7:27	4:40	
2	Mon	12:38	2.8	12:38	3.3	6:54	-0.1	7:40	-0.3	7:27	4:41	
3	Tue	1:15	2.8	1:09	3.3	7:34	-0.1	8:17	-0.3	7:27	4:41	
4	Wed	1:51	2.8	1:43	3.3	8:12	-0.1	8:54	-0.3	7:27	4:42	
5	Thu	2:30	2.8	2:22	3.2	8:51	-0.1	9:30	-0.2	7:27	4:43	
6	Fri	3:14	2.9	3:08	3.1	9:31	0.0	10:08	-0.2	7:27	4:44	
7	Sat	4:03	2.9	4:01	3.0	10:19	0.1	10:54	-0.1	7:27	4:45	
8	Sun	4:55	3.0	5:00	2.9	11:21	0.2	11:52	-0.1	7:27	4:46	
9	Mon	5:50	3.1	6:00	2.8			12:37	0.2	7:26	4:47	
10	Tue	6:48	3.2	7:04	2.7	12:59	-0.1	1:50	0.1	7:26	4:48	
11	Wed	7:52	3.3	8:17	2.7	2:06	-0.1	2:55	-0.1	7:26	4:49	
12	Thu	9:00	3.4	9:29	2.8	3:08	-0.2	3:55	-0.3	7:26	4:50	
13	Fri	10:04	3.6	10:32	3.0	4:06	-0.4	4:51	-0.5	7:25	4:52	
14	Sat	10:59	3.7	11:27	3.2	5:02	-0.5	5:45	-0.6	7:25	4:53	
15	Sun	11:50	3.8			5:56	-0.6	6:36	-0.8	7:24	4:54	
16	Mon	12:18	3.2	12:39	3.8	6:49	-0.6	7:25	-0.8	7:24	4:55	
17	Tue	1:09	3.3	1:28	3.7	7:39	-0.6	8:12	-0.8	7:23	4:56	
18	Wed	1:59	3.2	2:17	3.6	8:26	-0.5	8:55	-0.7	7:23	4:57	
19	Thu	2:49	3.2	3:07	3.3	9:12	-0.3	9:38	-0.5	7:22	4:59	
20	Fri	3:40	3.1	3:57	3.1	9:58	-0.1	10:21	-0.3	7:22	5:00	
21	Sat	4:30	2.9	4:46	2.9	10:47	0.1	11:06	0.0	7:21	5:01	
22	Sun	5:17	2.8	5:35	2.7	11:43	0.3	11:56	0.2	7:20	5:02	
23	Mon	6:04	2.8	6:23	2.5			12:44	0.5	7:20	5:03	
24	Tue	6:51	2.7	7:15	2.4	12:50	0.3	1:45	0.5	7:19	5:05	
25	Wed	7:43	2.7	8:13	2.3	1:46	0.4	2:42	0.5	7:18	5:06	
26	Thu	8:41	2.7	9:13	2.3	2:39	0.4	3:33	0.3	7:17	5:07	
27	Fri	9:36	2.8	10:07	2.4	3:29	0.3	4:21	0.2	7:16	5:08	
28	Sat	10:24	3.0	10:53	2.6	4:16	0.2	5:06	0.0	7:16	5:10	
29	Sun	11:05	3.1	11:34	2.7	5:02	0.0	5:50	-0.1	7:15	5:11	
30	Mon	11:42	3.2			5:47	-0.1	6:32	-0.3	7:14	5:12	
31	Tue	12:12	2.9	12:16	3.3	6:31	-0.2	7:13	-0.4	7:13	5:13	