US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1813

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:24	3.5	11:48	3.1	5:34	-0.2	6:11	-0.4	6:34	5:49	
2	Tue			12:06	3.6	6:23	-0.4	6:55	-0.6	6:33	5:51	
3	Wed	12:29	3.3	12:50	3.7	7:10	-0.5	7:39	-0.7	6:31	5:52	
4	Thu	1:12	3.5	1:36	3.7	7:58	-0.6	8:21	-0.7	6:29	5:53	
5	Fri	1:58	3.5	2:26	3.5	8:45	-0.6	9:04	-0.7	6:28	5:54	
6	Sat	2:49	3.6	3:20	3.4	9:34	-0.5	9:50	-0.5	6:26	5:55	
7	Sun	3:45	3.5	4:19	3.2	10:28	-0.3	10:41	-0.3	6:25	5:56	
8	Mon	4:44	3.4	5:19	3.0	11:32	-0.1	11:43	-0.1	6:23	5:58	
9	Tue	5:44	3.3	6:20	2.9			12:41	0.0	6:21	5:59	
10	Wed	6:45	3.2	7:24	2.8	12:52	0.1	1:50	0.1	6:20	6:00	
11	Thu	7:52	3.1	8:32	2.8	2:00	0.1	2:53	0.0	6:18	6:01	
12	Fri	9:01	3.1	9:37	2.9	3:03	0.1	3:50	-0.1	6:16	6:02	
13	Sat	10:02	3.2	10:32	3.0	4:00	0.0	4:41	-0.2	6:15	6:03	
14	Sun	10:53	3.3	11:19	3.2	4:52	-0.1	5:29	-0.3	6:13	6:04	
15	Mon	11:38	3.4			5:41	-0.2	6:14	-0.3	6:11	6:05	
16	Tue	12:02	3.3	12:19	3.4	6:27	-0.2	6:56	-0.3	6:10	6:07	
17	Wed	12:42	3.3	12:58	3.3	7:10	-0.2	7:35	-0.3	6:08	6:08	
18	Thu	1:21	3.3	1:37	3.2	7:51	-0.2	8:11	-0.2	6:06	6:09	
19	Fri	1:59	3.3	2:15	3.1	8:29	-0.1	8:45	-0.1	6:04	6:10	
20	Sat	2:37	3.2	2:55	2.9	9:05	0.0	9:16	0.1	6:03	6:11	
21	Sun	3:16	3.1	3:36	2.7	9:41	0.2	9:45	0.3	6:01	6:12	
22	Mon	3:55	3.0	4:19	2.6	10:19	0.3	10:13	0.5	5:59	6:13	
23	Tue	4:35	2.9	5:04	2.5	11:04	0.5	10:48	0.6	5:58	6:14	
24	Wed	5:17	2.8	5:51	2.4			12:06	0.6	5:56	6:15	
25	Thu	6:03	2.8	6:42	2.4			1:16	0.6	5:54	6:17	
26	Fri	6:57	2.8	7:43	2.4	1:19	0.8	2:19	0.5	5:52	6:18	
27	Sat	8:03	2.9	8:50	2.6	2:28	0.6	3:14	0.3	5:51	6:19	
28	Sun	9:11	3.1	9:47	2.9	3:26	0.4	4:04	0.1	5:49	6:20	
29	Mon	10:08	3.3	10:35	3.2	4:19	0.1	4:51	-0.1	5:47	6:21	
30	Tue	10:57	3.5	11:20	3.5	5:10	-0.1	5:38	-0.4	5:46	6:22	
31	Wed	11:43	3.7			6:01	-0.4	6:25	-0.5	5:44	6:23	