US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1819

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:05	3.2	4:31	2.8	10:35	0.0	10:39	0.1	6:35	5:49	
2	Tue	4:52	3.0	5:22	2.6	11:30	0.3	11:27	0.4	6:33	5:50	
3	Wed	5:40	2.9	6:14	2.4			12:34	0.5	6:32	5:51	
4	Thu	6:30	2.7	7:09	2.3	12:25	0.6	1:39	0.6	6:30	5:52	
5	Fri	7:26	2.6	8:11	2.2	1:31	0.7	2:40	0.5	6:29	5:54	
6	Sat	8:32	2.6	9:15	2.3	2:33	0.7	3:33	0.5	6:27	5:55	
7	Sun	9:35	2.7	10:10	2.5	3:28	0.6	4:20	0.3	6:25	5:56	
8	Mon	10:26	2.9	10:55	2.7	4:17	0.4	5:03	0.2	6:24	5:57	
9	Tue	11:07	3.0	11:34	2.8	5:03	0.3	5:44	0.0	6:22	5:58	
10	Wed	11:43	3.1			5:47	0.1	6:23	-0.1	6:20	5:59	
11	Thu	12:09	3.0	12:16	3.2	6:29	0.0	7:00	-0.2	6:19	6:00	
12	Fri	12:42	3.1	12:48	3.2	7:10	-0.1	7:35	-0.2	6:17	6:02	
13	Sat	1:13	3.2	1:19	3.2	7:49	-0.2	8:07	-0.2	6:15	6:03	
14	Sun	1:44	3.3	1:54	3.1	8:27	-0.2	8:39	-0.2	6:14	6:04	
15	Mon	2:18	3.3	2:34	3.0	9:06	-0.1	9:11	-0.1	6:12	6:05	
16	Tue	3:00	3.4	3:22	2.8	9:49	0.0	9:47	0.0	6:10	6:06	
17	Wed	3:50	3.3	4:19	2.7	10:41	0.1	10:33	0.2	6:09	6:07	
18	Thu	4:49	3.3	5:24	2.6	11:51	0.3	11:43	0.4	6:07	6:08	
19	Fri	5:53	3.2	6:32	2.5			1:10	0.3	6:05	6:09	
20	Sat	7:03	3.2	7:47	2.6	1:15	0.4	2:21	0.2	6:03	6:11	
21	Sun	8:20	3.2	9:04	2.8	2:32	0.3	3:23	0.0	6:02	6:12	
22	Mon	9:32	3.3	10:08	3.0	3:37	0.1	4:18	-0.2	6:00	6:13	
23	Tue	10:31	3.5	11:01	3.3	4:35	-0.1	5:08	-0.4	5:58	6:14	
24	Wed	11:22	3.6	11:48	3.6	5:29	-0.3	5:57	-0.5	5:57	6:15	
25	Thu			12:08	3.6	6:20	-0.4	6:43	-0.6	5:55	6:16	
26	Fri	12:32	3.7	12:53	3.6	7:09	-0.5	7:26	-0.5	5:53	6:17	
27	Sat	1:14	3.7	1:37	3.4	7:55	-0.5	8:06	-0.4	5:51	6:18	
28	Sun	1:56	3.6	2:23	3.2	8:38	-0.3	8:45	-0.2	5:50	6:19	
29	Mon	2:39	3.5	3:11	3.0	9:21	-0.1	9:21	0.1	5:48	6:20	
30	Tue	3:23	3.3	4:02	2.8	10:05	0.1	9:58	0.3	5:46	6:21	
31	Wed	4:09	3.1	4:54	2.6	10:54	0.4	10:37	0.6	5:45	6:23	