US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1857

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:01	3.5	4:34	3.0	10:45	-0.2	10:50	-0.2	6:34	5:50	
2	Mon	4:59	3.3	5:34	2.8	11:52	0.1	11:54	0.1	6:32	5:51	
3	Tue	5:59	3.2	6:37	2.6			1:05	0.2	6:31	5:52	
4	Wed	7:03	3.1	7:46	2.5	1:08	0.2	2:15	0.2	6:29	5:53	
5	Thu	8:15	3.0	8:58	2.6	2:18	0.3	3:17	0.1	6:27	5:54	
6	Fri	9:26	3.0	10:01	2.7	3:22	0.2	4:13	0.0	6:26	5:56	
7	Sat	10:25	3.1	10:53	2.9	4:18	0.1	5:02	-0.1	6:24	5:57	
8	Sun	11:12	3.2	11:37	3.1	5:09	0.0	5:48	-0.2	6:22	5:58	
9	Mon	11:53	3.3			5:56	-0.1	6:30	-0.3	6:21	5:59	
10	Tue	12:17	3.2	12:32	3.3	6:41	-0.1	7:09	-0.3	6:19	6:00	
11	Wed	12:55	3.3	1:09	3.2	7:22	-0.2	7:45	-0.2	6:17	6:01	
12	Thu	1:31	3.3	1:45	3.1	8:01	-0.1	8:17	-0.1	6:16	6:02	
13	Fri	2:07	3.2	2:21	2.9	8:37	-0.1	8:47	0.0	6:14	6:04	
14	Sat	2:42	3.1	2:58	2.7	9:12	0.1	9:14	0.2	6:12	6:05	
15	Sun	3:16	3.0	3:36	2.6	9:46	0.2	9:38	0.4	6:11	6:06	
16	Mon	3:52	2.9	4:18	2.4	10:22	0.4	10:04	0.5	6:09	6:07	
17	Tue	4:30	2.8	5:04	2.3	11:10	0.6	10:40	0.7	6:07	6:08	
18	Wed	5:15	2.8	5:55	2.2			12:22	0.7	6:06	6:09	
19	Thu	6:08	2.7	6:54	2.2			1:37	0.7	6:04	6:10	
20	Fri	7:11	2.8	8:05	2.3	1:26	0.8	2:40	0.5	6:02	6:11	
21	Sat	8:25	2.9	9:13	2.5	2:41	0.7	3:34	0.3	6:00	6:12	
22	Sun	9:32	3.1	10:07	2.8	3:40	0.4	4:22	0.1	5:59	6:14	
23	Mon	10:26	3.3	10:53	3.2	4:33	0.1	5:08	-0.2	5:57	6:15	
24	Tue	11:13	3.5	11:36	3.5	5:25	-0.2	5:53	-0.4	5:55	6:16	
25	Wed	11:58	3.6			6:17	-0.4	6:38	-0.6	5:54	6:17	
26	Thu	12:19	3.8	12:44	3.7	7:07	-0.6	7:23	-0.6	5:52	6:18	
27	Fri	1:03	3.9	1:32	3.6	7:56	-0.7	8:07	-0.6	5:50	6:19	
28	Sat	1:51	3.9	2:25	3.4	8:45	-0.6	8:51	-0.5	5:48	6:20	
29	Sun	2:43	3.8	3:22	3.2	9:36	-0.4	9:38	-0.3	5:47	6:21	
30	Mon	3:40	3.7	4:24	3.0	10:32	-0.2	10:32	0.0	5:45	6:22	
31	Tue	4:42	3.4	5:27	2.8	11:36	0.1	11:38	0.3	5:43	6:23	