US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:06	2.9	5:53	2.4			12:28	0.5	6:29	5:46	
2	Tue	6:03	2.9	6:56	2.4	12:02	0.4	1:45	0.5	6:28	5:47	
3	Wed	7:10	3.0	8:08	2.5	1:33	0.4	2:49	0.3	6:26	5:48	
4	Thu	8:27	3.1	9:19	2.8	2:47	0.2	3:45	0.0	6:25	5:49	
5	Fri	9:39	3.3	10:18	3.1	3:49	-0.1	4:37	-0.3	6:23	5:50	
6	Sat	10:37	3.5	11:09	3.4	4:46	-0.3	5:26	-0.5	6:21	5:51	
7	Sun	11:28	3.7	11:58	3.7	5:41	-0.6	6:16	-0.7	6:20	5:53	
8	Mon			12:17	3.8	6:34	-0.8	7:04	-0.9	6:18	5:54	
9	Tue	12:46	3.9	1:07	3.7	7:26	-0.9	7:51	-0.9	6:17	5:55	
10	Wed	1:36	3.9	1:58	3.6	8:17	-0.8	8:37	-0.8	6:15	5:56	
11	Thu	2:27	3.9	2:53	3.4	9:06	-0.7	9:23	-0.6	6:13	5:57	
12	Fri	3:22	3.7	3:51	3.2	9:57	-0.5	10:13	-0.3	6:12	5:58	
13	Sat	4:19	3.5	4:50	3.0	10:53	-0.2	11:09	0.0	6:10	6:00	
14	Sun	5:16	3.3	5:48	2.8	11:56	0.1			6:08	6:01	
15	Mon	6:13	3.1	6:46	2.6	12:13	0.3	1:03	0.2	6:06	6:02	
16	Tue	7:11	3.0	7:47	2.6	1:21	0.4	2:06	0.3	6:05	6:03	
17	Wed	8:13	2.9	8:50	2.6	2:24	0.5	3:03	0.3	6:03	6:04	
18	Thu	9:14	2.9	9:47	2.7	3:20	0.4	3:52	0.2	6:01	6:05	
19	Fri	10:08	3.0	10:34	2.9	4:10	0.3	4:36	0.1	6:00	6:06	
20	Sat	10:52	3.1	11:14	3.1	4:56	0.2	5:18	0.0	5:58	6:07	
21	Sun	11:32	3.1	11:51	3.2	5:39	0.1	5:57	0.0	5:56	6:08	
22	Mon			12:09	3.2	6:21	0.0	6:35	-0.1	5:55	6:10	
23	Tue	12:25	3.3	12:45	3.1	7:02	-0.1	7:11	-0.1	5:53	6:11	
24	Wed	12:57	3.3	1:19	3.1	7:40	-0.1	7:44	0.0	5:51	6:12	
25	Thu	1:26	3.3	1:53	2.9	8:16	0.0	8:16	0.0	5:49	6:13	
26	Fri	1:51	3.2	2:26	2.8	8:51	0.0	8:45	0.1	5:48	6:14	
27	Sat	2:19	3.2	3:02	2.7	9:25	0.1	9:13	0.2	5:46	6:15	
28	Sun	2:54	3.2	3:46	2.6	10:01	0.3	9:47	0.3	5:44	6:16	
29	Mon	3:40	3.1	4:39	2.6	10:48	0.4	10:32	0.4	5:43	6:17	
30	Tue	4:36	3.1	5:37	2.6	11:57	0.5	11:40	0.5	5:41	6:18	
31	Wed	5:39	3.1	6:38	2.7			1:13	0.4	5:39	6:19	