US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2098

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:42	3.1			5:43	0.2	6:16	-0.1	6:28	5:46	
2	Sun	12:05	2.8	12:17	3.2	6:26	0.1	6:54	-0.2	6:27	5:47	
3	Mon	12:39	3.0	12:50	3.2	7:06	0.0	7:29	-0.2	6:25	5:48	
4	Tue	1:09	3.0	1:22	3.2	7:44	-0.1	8:01	-0.2	6:24	5:50	
5	Wed	1:37	3.1	1:53	3.1	8:20	-0.1	8:31	-0.2	6:22	5:51	
6	Thu	2:06	3.1	2:27	3.0	8:55	0.0	9:01	-0.1	6:20	5:52	
7	Fri	2:40	3.2	3:08	2.8	9:32	0.0	9:32	0.0	6:19	5:53	
8	Sat	3:21	3.2	3:57	2.7	10:15	0.2	10:09	0.1	6:17	5:54	
9	Sun	5:12	3.2	5:55	2.6			12:14	0.3	7:15	6:55	
10	Mon	6:11	3.1	6:59	2.5	12:00	0.3	1:35	0.4	7:14	6:57	
11	Tue	7:17	3.1	8:10	2.5	1:18	0.4	2:53	0.3	7:12	6:58	
12	Wed	8:32	3.1	9:28	2.6	2:48	0.3	4:00	0.2	7:10	6:59	
13	Thu	9:53	3.2	10:39	2.9	4:01	0.2	4:58	-0.1	7:09	7:00	
14	Fri	11:03	3.4	11:38	3.2	5:04	-0.1	5:51	-0.3	7:07	7:01	
15	Sat	11:58	3.6			6:01	-0.3	6:41	-0.5	7:05	7:02	
16	Sun	12:29	3.5	12:48	3.7	6:55	-0.5	7:29	-0.7	7:04	7:03	
17	Mon	1:16	3.7	1:34	3.7	7:47	-0.6	8:15	-0.7	7:02	7:05	
18	Tue	2:01	3.8	2:20	3.6	8:36	-0.6	8:58	-0.6	7:00	7:06	
19	Wed	2:47	3.7	3:07	3.4	9:22	-0.5	9:39	-0.5	6:59	7:07	
20	Thu	3:32	3.6	3:56	3.2	10:06	-0.4	10:19	-0.2	6:57	7:08	
21	Fri	4:19	3.5	4:47	2.9	10:51	-0.1	10:59	0.1	6:55	7:09	
22	Sat	5:07	3.3	5:39	2.7	11:40	0.2	11:43	0.4	6:54	7:10	
23	Sun	5:57	3.1	6:32	2.5			12:36	0.4	6:52	7:11	
24	Mon	6:48	2.9	7:26	2.4	12:37	0.7	1:41	0.6	6:50	7:12	
25	Tue	7:42	2.7	8:24	2.3	1:46	0.9	2:46	0.6	6:48	7:13	
26	Wed	8:42	2.7	9:27	2.3	2:54	0.9	3:43	0.6	6:47	7:15	
27	Thu	9:47	2.7	10:27	2.5	3:53	0.8	4:33	0.5	6:45	7:16	
28	Fri	10:44	2.8	11:16	2.7	4:45	0.6	5:17	0.3	6:43	7:17	
29	Sat	11:31	3.0	11:57	2.9	5:32	0.5	5:58	0.2	6:42	7:18	
30	Sun			12:11	3.1	6:16	0.3	6:37	0.1	6:40	7:19	
31	Mon	12:32	3.1	12:46	3.2	6:58	0.1	7:15	0.0	6:38	7:20	