US HARBORS www.USHarbors.com

Ponquoque Point, NY - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:50	3.3	6:17	2.9			12:25	-0.3	6:22	5:41	
2	Thu	6:42	3.4	7:07	3.1	12:33	-0.4	1:12	-0.5	6:21	5:42	
3	Fri	7:31	3.4	7:56	3.3	1:28	-0.5	1:57	-0.6	6:19	5:43	
4	Sat	8:18	3.3	8:42	3.4	2:18	-0.6	2:39	-0.6	6:18	5:44	
5	Sun	9:03	3.1	9:28	3.4	3:05	-0.5	3:19	-0.5	6:16	5:46	
6	Mon	9:48	2.9	10:13	3.3	3:52	-0.4	4:00	-0.3	6:15	5:47	
7	Tue	10:33	2.7	10:59	3.1	4:39	-0.2	4:41	-0.1	6:13	5:48	
8	Wed	11:18	2.4	11:47	2.9	5:29	0.1	5:25	0.1	6:11	5:49	
9	Thu			12:06	2.2	6:24	0.3	6:15	0.3	6:10	5:50	
10	Fri	12:37	2.7	12:58	2.0	7:27	0.5	7:15	0.5	6:08	5:51	
11	Sat	1:34	2.6	1:58	1.9	8:34	0.6	8:21	0.6	6:06	5:52	
12	Sun	3:37	2.5	4:05	1.9	10:38	0.6	10:26	0.6	7:05	6:53	
13	Mon	4:43	2.5	5:11	2.0	11:35	0.5	11:26	0.5	7:03	6:54	
14	Tue	5:40	2.6	6:04	2.2			12:22	0.4	7:02	6:55	
15	Wed	6:26	2.7	6:47	2.4	12:18	0.4	1:02	0.3	7:00	6:57	
16	Thu	7:07	2.8	7:26	2.6	1:05	0.3	1:38	0.2	6:58	6:58	
17	Fri	7:45	2.9	8:04	2.8	1:47	0.1	2:10	0.1	6:57	6:59	
18	Sat	8:22	2.9	8:41	3.0	2:26	0.0	2:42	0.0	6:55	7:00	
19	Sun	8:59	2.9	9:19	3.2	3:03	-0.1	3:13	-0.1	6:53	7:01	
20	Mon	9:38	2.9	9:58	3.3	3:40	-0.1	3:44	-0.1	6:52	7:02	
21	Tue	10:19	2.8	10:40	3.3	4:19	-0.1	4:18	-0.1	6:50	7:03	
22	Wed	11:01	2.7	11:26	3.3	5:00	0.0	4:56	0.0	6:48	7:04	
23	Thu	11:48	2.6			5:46	0.1	5:39	0.1	6:47	7:05	
24	Fri	12:16	3.2	12:40	2.4	6:41	0.2	6:33	0.2	6:45	7:06	
25	Sat	1:11	3.1	1:38	2.3	7:46	0.3	7:39	0.3	6:43	7:07	
26	Sun	2:13	3.1	2:44	2.3	8:58	0.3	8:55	0.3	6:42	7:08	
27	Mon	3:21	3.0	3:56	2.4	10:07	0.3	10:11	0.3	6:40	7:09	
28	Tue	4:31	3.0	5:06	2.6	11:10	0.2	11:22	0.1	6:38	7:10	
29	Wed	5:35	3.1	6:06	2.9			12:07	0.0	6:37	7:12	
30	Thu	6:31	3.2	6:59	3.2	12:25	-0.1	12:57	-0.2	6:35	7:13	
31	Fri	7:22	3.2	7:46	3.4	1:22	-0.2	1:44	-0.3	6:33	7:14	