US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1709

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:45	2.8	7:30	2.9	1:15	1.1	1:33	0.6	4:26	7:27	
2	Sun	7:34	2.7	8:15	3.0	2:13	1.0	2:19	0.6	4:26	7:27	
3	Mon	8:30	2.7	9:02	3.2	3:06	0.8	3:03	0.5	4:25	7:28	
4	Tue	9:26	2.7	9:46	3.4	3:55	0.6	3:46	0.4	4:25	7:29	
5	Wed	10:17	2.8	10:28	3.6	4:42	0.4	4:29	0.3	4:25	7:29	
6	Thu	11:03	2.9	11:08	3.8	5:31	0.2	5:15	0.2	4:24	7:30	
7	Fri	11:48	3.0	11:51	4.0	6:20	0.0	6:05	0.2	4:24	7:31	
8	Sat			12:35	3.0	7:09	-0.1	6:56	0.1	4:24	7:31	
9	Sun	12:37	4.0	1:26	3.1	7:57	-0.2	7:47	0.1	4:24	7:32	
10	Mon	1:28	4.0	2:23	3.1	8:45	-0.2	8:38	0.1	4:23	7:32	
11	Tue	2:26	3.9	3:24	3.2	9:33	-0.2	9:31	0.2	4:23	7:33	
12	Wed	3:28	3.7	4:25	3.3	10:24	-0.2	10:30	0.3	4:23	7:34	
13	Thu	4:30	3.6	5:23	3.4	11:20	-0.1	11:37	0.4	4:23	7:34	
14	Fri	5:29	3.4	6:17	3.5			12:18	0.0	4:23	7:34	
15	Sat	6:25	3.3	7:11	3.6	12:46	0.4	1:16	0.0	4:23	7:35	
16	Sun	7:22	3.1	8:07	3.6	1:52	0.4	2:11	0.1	4:23	7:35	
17	Mon	8:24	3.0	9:03	3.7	2:53	0.3	3:04	0.1	4:23	7:36	
18	Tue	9:26	2.9	9:57	3.7	3:48	0.2	3:54	0.2	4:23	7:36	
19	Wed	10:23	2.9	10:45	3.8	4:41	0.2	4:42	0.2	4:23	7:36	
20	Thu	11:13	3.0	11:29	3.8	5:31	0.1	5:30	0.3	4:24	7:37	
21	Fri			12:00	3.0	6:19	0.1	6:17	0.4	4:24	7:37	
22	Sat	12:12	3.7	12:45	2.9	7:05	0.0	7:03	0.4	4:24	7:37	
23	Sun	12:54	3.7	1:31	2.9	7:49	0.1	7:46	0.5	4:24	7:37	
24	Mon	1:36	3.6	2:18	2.9	8:29	0.1	8:27	0.6	4:25	7:37	
25	Tue	2:20	3.4	3:06	2.8	9:07	0.2	9:06	0.7	4:25	7:37	
26	Wed	3:04	3.3	3:54	2.8	9:44	0.3	9:45	0.8	4:25	7:37	
27	Thu	3:49	3.1	4:39	2.9	10:21	0.4	10:27	0.9	4:26	7:37	
28	Fri	4:32	3.0	5:20	2.9	10:58	0.5	11:18	1.0	4:26	7:37	
29	Sat	5:14	2.9	5:57	3.0	11:39	0.6			4:27	7:37	
30	Sun	5:54	2.8	6:33	3.0	12:22	1.0	12:26	0.6	4:27	7:37	