US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1755

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**5:53**	3.2	**6:32**	3.1	**12:00**	0.6	**12:32**	0.3	4:26	7:27	
2	Mon	**6:43**	3.1	**7:22**	3.1	**1:03**	0.7	**1:26**	0.4	4:26	7:27	
3	Tue	**7:35**	2.9	**8:13**	3.1	**2:02**	0.7	**2:17**	0.4	4:26	7:28	
4	Wed	**8:30**	2.9	**9:04**	3.2	**2:55**	0.7	**3:03**	0.4	4:25	7:29	
5	Thu	**9:24**	2.9	**9:52**	3.3	**3:44**	0.5	**3:46**	0.4	4:25	7:29	
6	Fri	**10:14**	2.9	**10:34**	3.5	**4:30**	0.4	**4:28**	0.4	4:25	7:30	
7	Sat	**10:59**	3.0	**11:12**	3.5	**5:14**	0.3	**5:09**	0.3	4:24	7:31	
8	Sun	**11:40**	3.0	**11:47**	3.6	**5:58**	0.2	**5:51**	0.3	4:24	7:31	
9	Mon			**12:20**	3.0	**6:41**	0.1	**6:33**	0.3	4:24	7:32	
10	Tue	**12:20**	3.6	**12:59**	3.0	**7:23**	0.1	**7:14**	0.3	4:24	7:32	
11	Wed	**12:50**	3.6	**1:39**	3.0	**8:03**	0.0	**7:53**	0.3	4:23	7:33	
12	Thu	**1:23**	3.6	**2:20**	3.0	**8:42**	0.0	**8:32**	0.4	4:23	7:34	
13	Fri	**2:00**	3.5	**3:06**	3.0	**9:20**	0.1	**9:11**	0.4	4:23	7:34	
14	Sat	**2:45**	3.5	**3:56**	3.0	**10:00**	0.1	**9:56**	0.5	4:23	7:34	
15	Sun	**3:38**	3.4	**4:47**	3.1	**10:46**	0.1	**10:52**	0.5	4:23	7:35	
16	Mon	**4:37**	3.4	**5:38**	3.3	**11:41**	0.2			4:23	7:35	
17	Tue	**5:36**	3.3	**6:31**	3.4	**12:03**	0.5	**12:41**	0.2	4:23	7:36	
18	Wed	**6:35**	3.2	**7:27**	3.6	**1:16**	0.5	**1:42**	0.1	4:23	7:36	
19	Thu	**7:40**	3.2	**8:29**	3.7	**2:22**	0.3	**2:40**	0.0	4:24	7:36	
20	Fri	**8:50**	3.2	**9:30**	3.9	**3:23**	0.1	**3:36**	-0.1	4:24	7:37	
21	Sat	**9:56**	3.3	**10:27**	4.1	**4:20**	-0.1	**4:31**	-0.2	4:24	7:37	
22	Sun	**10:54**	3.4	**11:19**	4.2	**5:15**	-0.3	**5:25**	-0.2	4:24	7:37	
23	Mon	**11:49**	3.5			**6:09**	-0.4	**6:19**	-0.2	4:24	7:37	
24	Tue	**12:10**	4.2	**12:42**	3.5	**7:02**	-0.5	**7:11**	-0.2	4:25	7:37	
25	Wed	**1:00**	4.1	**1:36**	3.4	**7:52**	-0.5	**8:02**	-0.1	4:25	7:37	
26	Thu	**1:51**	4.0	**2:31**	3.4	**8:39**	-0.4	**8:50**	0.1	4:25	7:37	
27	Fri	**2:44**	3.8	**3:26**	3.3	**9:25**	-0.3	**9:38**	0.3	4:26	7:38	
28	Sat	**3:37**	3.6	**4:20**	3.2	**10:11**	-0.1	**10:29**	0.5	4:26	7:38	
29	Sun	**4:30**	3.4	**5:10**	3.2	**10:59**	0.1	**11:24**	0.7	4:27	7:37	
30	Mon	**5:20**	3.2	**5:57**	3.2	**11:49**	0.3			4:27	7:37	