US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2043

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:02	2.9	4:18	2.5	10:21	0.3	10:15	0.4	6:30	5:45	
2	Mon	4:42	2.8	5:03	2.3	11:06	0.5	10:45	0.5	6:28	5:47	
3	Tue	5:23	2.7	5:50	2.2			12:09	0.6	6:26	5:48	
4	Wed	6:09	2.7	6:43	2.1			1:22	0.7	6:25	5:49	
5	Thu	7:04	2.6	7:50	2.1	1:06	0.8	2:27	0.6	6:23	5:50	
6	Fri	8:12	2.7	9:01	2.2	2:23	0.7	3:23	0.4	6:22	5:51	
7	Sat	9:21	2.9	9:59	2.5	3:23	0.5	4:13	0.2	6:20	5:52	
8	Sun	11:15	3.1	11:45	2.8	5:16	0.3	5:59	0.0	7:18	6:54	
9	Mon			12:01	3.4	6:06	0.0	6:44	-0.3	7:17	6:55	
10	Tue	12:25	3.1	12:43	3.5	6:56	-0.2	7:27	-0.5	7:15	6:56	
11	Wed	1:05	3.3	1:26	3.6	7:45	-0.4	8:10	-0.6	7:13	6:57	
12	Thu	1:46	3.6	2:10	3.6	8:33	-0.6	8:52	-0.7	7:12	6:58	
13	Fri	2:30	3.7	2:57	3.5	9:20	-0.6	9:33	-0.6	7:10	6:59	
14	Sat	3:17	3.7	3:48	3.3	10:08	-0.5	10:16	-0.5	7:08	7:00	
15	Sun	4:09	3.7	4:46	3.1	10:59	-0.3	11:02	-0.3	7:07	7:02	
16	Mon	5:07	3.5	5:47	2.9	11:58	-0.1	11:58	0.0	7:05	7:03	
17	Tue	6:08	3.3	6:50	2.7			1:07	0.1	7:03	7:04	
18	Wed	7:11	3.2	7:54	2.6	1:09	0.3	2:20	0.2	7:02	7:05	
19	Thu	8:18	3.0	9:03	2.6	2:24	0.4	3:27	0.2	7:00	7:06	
20	Fri	9:31	3.0	10:12	2.7	3:34	0.4	4:27	0.1	6:58	7:07	
21	Sat	10:38	3.1	11:11	2.9	4:35	0.3	5:19	0.0	6:56	7:08	
22	Sun	11:32	3.2	11:59	3.1	5:28	0.1	6:06	-0.1	6:55	7:09	
23	Mon			12:17	3.2	6:17	0.0	6:49	-0.2	6:53	7:11	
24	Tue	12:40	3.3	12:56	3.3	7:03	-0.1	7:29	-0.2	6:51	7:12	
25	Wed	1:18	3.4	1:34	3.2	7:46	-0.1	8:07	-0.2	6:50	7:13	
26	Thu	1:54	3.4	2:10	3.1	8:27	-0.1	8:42	-0.1	6:48	7:14	
27	Fri	2:29	3.4	2:46	3.0	9:05	-0.1	9:14	0.0	6:46	7:15	
28	Sat	3:03	3.3	3:23	2.8	9:41	0.0	9:43	0.2	6:44	7:16	
29	Sun	3:37	3.2	4:01	2.7	10:15	0.1	10:09	0.3	6:43	7:17	
30	Mon	4:10	3.1	4:42	2.5	10:50	0.3	10:34	0.5	6:41	7:18	
31	Tue	4:46	3.0	5:27	2.4	11:28	0.5	11:03	0.7	6:39	7:19	