US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2043

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:15	3.1	8:00	3.2	1:43	0.8	2:17	0.3	5:23	8:23	
2	Tue	8:14	3.1	8:57	3.4	2:56	0.6	3:12	0.2	5:23	8:24	
3	Wed	9:19	3.1	9:56	3.7	3:59	0.4	4:05	0.1	5:22	8:25	
4	Thu	10:25	3.1	10:54	3.9	4:57	0.1	4:58	-0.1	5:22	8:25	
5	Fri	11:26	3.2	11:47	4.1	5:53	-0.1	5:50	-0.1	5:21	8:26	
6	Sat			12:21	3.3	6:48	-0.3	6:45	-0.2	5:21	8:27	
7	Sun	12:39	4.2	1:16	3.3	7:43	-0.4	7:40	-0.2	5:21	8:27	
8	Mon	1:30	4.2	2:12	3.3	8:36	-0.4	8:34	-0.1	5:21	8:28	
9	Tue	2:24	4.1	3:11	3.3	9:28	-0.4	9:27	0.0	5:21	8:29	
10	Wed	3:22	3.9	4:12	3.2	10:18	-0.3	10:19	0.2	5:20	8:29	
11	Thu	4:21	3.7	5:12	3.2	11:09	-0.1	11:13	0.4	5:20	8:30	
12	Fri	5:20	3.5	6:08	3.2			12:02	0.0	5:20	8:30	
13	Sat	6:15	3.3	7:00	3.2	12:12	0.6	12:58	0.2	5:20	8:31	
14	Sun	7:06	3.1	7:48	3.2	1:16	0.7	1:52	0.3	5:20	8:31	
15	Mon	7:56	2.9	8:37	3.2	2:19	0.8	2:43	0.4	5:20	8:32	
16	Tue	8:48	2.8	9:27	3.3	3:17	0.7	3:30	0.5	5:20	8:32	
17	Wed	9:43	2.7	10:16	3.3	4:09	0.7	4:14	0.5	5:20	8:32	
18	Thu	10:37	2.7	11:02	3.4	4:57	0.6	4:56	0.5	5:20	8:33	
19	Fri	11:27	2.7	11:44	3.5	5:43	0.5	5:37	0.5	5:20	8:33	
20	Sat			12:11	2.7	6:27	0.4	6:19	0.5	5:21	8:33	
21	Sun	12:22	3.6	12:52	2.8	7:12	0.3	7:02	0.5	5:21	8:33	
22	Mon	12:59	3.6	1:33	2.8	7:55	0.2	7:45	0.5	5:21	8:34	
23	Tue	1:34	3.6	2:12	2.8	8:36	0.2	8:26	0.5	5:21	8:34	
24	Wed	2:09	3.6	2:53	2.8	9:16	0.1	9:06	0.6	5:22	8:34	
25	Thu	2:45	3.5	3:35	2.8	9:53	0.1	9:44	0.6	5:22	8:34	
26	Fri	3:26	3.5	4:20	2.8	10:31	0.1	10:23	0.6	5:22	8:34	
27	Sat	4:12	3.4	5:07	2.9	11:09	0.2	11:09	0.6	5:23	8:34	
28	Sun	5:03	3.3	5:54	3.1	11:52	0.2			5:23	8:34	
29	Mon	5:57	3.3	6:42	3.3	12:08	0.7	12:41	0.2	5:24	8:34	
30	Tue	6:51	3.2	7:32	3.5	1:21	0.7	1:37	0.2	5:24	8:34	