US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:09	3.2	1:27	3.3	7:53	-0.3	8:10	-0.4	6:28	5:46	
2	Wed	1:44	3.3	2:06	3.2	8:34	-0.3	8:45	-0.4	6:27	5:47	
3	Thu	2:23	3.4	2:51	3.0	9:16	-0.2	9:21	-0.3	6:25	5:49	
4	Fri	3:09	3.4	3:43	2.9	10:02	-0.1	10:01	-0.1	6:24	5:50	
5	Sat	4:03	3.3	4:43	2.7	11:00	0.1	10:53	0.1	6:22	5:51	
6	Sun	5:03	3.2	5:47	2.6			12:14	0.2	6:20	5:52	
7	Mon	6:08	3.2	6:54	2.5	12:07	0.2	1:31	0.3	6:19	5:53	
8	Tue	7:19	3.1	8:09	2.6	1:30	0.3	2:40	0.2	6:17	5:54	
9	Wed	8:38	3.1	9:22	2.8	2:43	0.2	3:40	0.0	6:15	5:56	
10	Thu	9:48	3.2	10:23	3.0	3:46	0.0	4:34	-0.2	6:14	5:57	
11	Fri	10:44	3.4	11:14	3.3	4:43	-0.2	5:24	-0.4	6:12	5:58	
12	Sat	11:32	3.5	11:59	3.4	5:36	-0.3	6:11	-0.5	6:10	5:59	
13	Sun			1:16	3.5	7:26	-0.4	7:55	-0.5	7:09	7:00	
14	Mon	1:42	3.5	1:59	3.4	8:12	-0.4	8:36	-0.5	7:07	7:01	
15	Tue	2:23	3.5	2:41	3.3	8:56	-0.4	9:14	-0.4	7:05	7:02	
16	Wed	3:04	3.5	3:23	3.1	9:37	-0.3	9:50	-0.1	7:04	7:04	
17	Thu	3:44	3.4	4:07	2.9	10:17	-0.1	10:23	0.1	7:02	7:05	
18	Fri	4:26	3.2	4:54	2.7	10:57	0.1	10:56	0.4	7:00	7:06	
19	Sat	5:10	3.0	5:43	2.5	11:42	0.4	11:30	0.6	6:59	7:07	
20	Sun	5:57	2.9	6:34	2.3			12:36	0.6	6:57	7:08	
21	Mon	6:46	2.7	7:26	2.2	12:16	0.8	1:43	0.7	6:55	7:09	
22	Tue	7:40	2.7	8:25	2.2	1:37	0.9	2:49	0.7	6:53	7:10	
23	Wed	8:41	2.6	9:29	2.3	2:53	0.9	3:46	0.6	6:52	7:11	
24	Thu	9:46	2.7	10:28	2.5	3:54	0.8	4:35	0.4	6:50	7:12	
25	Fri	10:43	2.9	11:15	2.7	4:46	0.6	5:20	0.3	6:48	7:14	
26	Sat	11:29	3.1	11:54	3.0	5:33	0.4	6:01	0.1	6:47	7:15	
27	Sun			12:09	3.2	6:19	0.1	6:42	-0.1	6:45	7:16	
28	Mon	12:29	3.2	12:47	3.3	7:04	-0.1	7:22	-0.2	6:43	7:17	
29	Tue	1:02	3.5	1:24	3.4	7:50	-0.2	8:01	-0.3	6:41	7:18	
30	Wed	1:38	3.7	2:05	3.3	8:35	-0.4	8:41	-0.3	6:40	7:19	
31	Thu	2:16	3.8	2:49	3.2	9:19	-0.4	9:21	-0.3	6:38	7:20	