US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:41	3.6	6:30	3.3			12:27	-0.1	5:23	8:24	
2	Thu	6:40	3.4	7:25	3.3	12:41	0.4	1:27	0.0	5:22	8:25	
3	Fri	7:35	3.2	8:18	3.4	1:50	0.5	2:25	0.1	5:22	8:25	
4	Sat	8:30	3.1	9:12	3.4	2:54	0.5	3:18	0.2	5:22	8:26	
5	Sun	9:28	2.9	10:05	3.5	3:52	0.5	4:07	0.2	5:21	8:27	
6	Mon	10:25	2.9	10:54	3.6	4:45	0.4	4:52	0.3	5:21	8:27	
7	Tue	11:17	2.8	11:38	3.6	5:34	0.3	5:35	0.3	5:21	8:28	
8	Wed			12:03	2.8	6:20	0.2	6:18	0.4	5:21	8:28	
9	Thu	12:18	3.7	12:46	2.8	7:05	0.2	7:00	0.4	5:20	8:29	
10	Fri	12:57	3.7	1:28	2.8	7:49	0.2	7:42	0.5	5:20	8:30	
11	Sat	1:34	3.6	2:10	2.8	8:30	0.2	8:23	0.5	5:20	8:30	
12	Sun	2:12	3.5	2:53	2.8	9:10	0.2	9:02	0.6	5:20	8:31	
13	Mon	2:50	3.4	3:38	2.7	9:47	0.2	9:38	0.7	5:20	8:31	
14	Tue	3:28	3.3	4:24	2.7	10:23	0.3	10:13	0.8	5:20	8:31	
15	Wed	4:07	3.2	5:08	2.7	10:59	0.3	10:50	0.8	5:20	8:32	
16	Thu	4:49	3.1	5:49	2.8	11:36	0.4	11:34	0.9	5:20	8:32	
17	Fri	5:34	3.1	6:28	2.9			12:18	0.4	5:20	8:33	
18	Sat	6:21	3.0	7:07	3.1	12:34	0.9	1:06	0.5	5:20	8:33	
19	Sun	7:10	2.9	7:51	3.2	1:49	0.9	2:00	0.4	5:21	8:33	
20	Mon	8:06	2.9	8:43	3.4	2:58	0.7	2:55	0.4	5:21	8:33	
21	Tue	9:10	2.9	9:43	3.7	4:00	0.5	3:51	0.3	5:21	8:34	
22	Wed	10:20	2.9	10:44	3.9	4:57	0.3	4:46	0.1	5:21	8:34	
23	Thu	11:23	3.0	11:40	4.1	5:53	0.1	5:43	0.0	5:22	8:34	
24	Fri			12:20	3.2	6:49	-0.1	6:40	-0.1	5:22	8:34	
25	Sat	12:34	4.2	1:15	3.3	7:44	-0.3	7:38	-0.1	5:22	8:34	
26	Sun	1:29	4.2	2:12	3.4	8:37	-0.4	8:35	-0.1	5:23	8:34	
27	Mon	2:25	4.1	3:11	3.4	9:27	-0.5	9:29	-0.1	5:23	8:34	
28	Tue	3:23	4.0	4:12	3.4	10:16	-0.4	10:22	0.0	5:24	8:34	
29	Wed	4:22	3.8	5:11	3.5	11:06	-0.3	11:18	0.2	5:24	8:34	
30	Thu	5:20	3.6	6:06	3.5	11:58	-0.1			5:25	8:34	