US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:05	3.2	9:31	2.8	3:13	0.2	4:01	0.3	7:04	4:26	
2	Fri	9:53	3.5	10:23	2.9	3:58	0.1	4:51	0.1	7:05	4:25	
3	Sat	10:39	3.7	11:12	3.0	4:45	-0.1	5:42	-0.2	7:06	4:25	
4	Sun	11:25	3.9			5:34	-0.2	6:34	-0.3	7:07	4:25	
5	Mon	12:00	3.1	12:13	4.0	6:26	-0.3	7:25	-0.4	7:07	4:25	
6	Tue	12:51	3.1	1:04	4.0	7:18	-0.3	8:16	-0.5	7:08	4:25	
7	Wed	1:47	3.1	2:00	3.9	8:11	-0.3	9:06	-0.4	7:09	4:25	
8	Thu	2:48	3.1	3:01	3.7	9:04	-0.2	9:58	-0.4	7:10	4:25	
9	Fri	3:52	3.1	4:06	3.5	10:00	0.0	10:53	-0.2	7:11	4:25	
10	Sat	4:55	3.1	5:07	3.3	11:04	0.2	11:53	-0.1	7:12	4:25	
11	Sun	5:53	3.1	6:05	3.1			12:13	0.3	7:13	4:25	
12	Mon	6:48	3.2	7:01	3.0	12:54	-0.1	1:22	0.3	7:13	4:25	
13	Tue	7:44	3.2	8:00	2.8	1:51	0.0	2:25	0.3	7:14	4:25	
14	Wed	8:41	3.3	9:01	2.7	2:44	0.0	3:22	0.2	7:15	4:26	
15	Thu	9:34	3.3	9:57	2.7	3:33	0.0	4:13	0.1	7:16	4:26	
16	Fri	10:22	3.4	10:46	2.7	4:19	0.1	5:02	0.0	7:16	4:26	
17	Sat	11:05	3.4	11:31	2.7	5:03	0.1	5:48	0.0	7:17	4:26	
18	Sun	11:46	3.5			5:47	0.1	6:33	-0.1	7:18	4:27	
19	Mon	12:12	2.7	12:24	3.4	6:30	0.1	7:15	-0.1	7:18	4:27	
20	Tue	12:53	2.7	1:03	3.4	7:11	0.2	7:55	-0.1	7:19	4:28	
21	Wed	1:35	2.6	1:41	3.3	7:50	0.2	8:33	-0.1	7:19	4:28	
22	Thu	2:17	2.6	2:20	3.1	8:27	0.3	9:08	0.0	7:20	4:29	
23	Fri	3:01	2.5	2:59	3.0	9:02	0.4	9:43	0.1	7:20	4:29	
24	Sat	3:45	2.5	3:38	2.9	9:35	0.5	10:18	0.2	7:20	4:30	
25	Sun	4:27	2.5	4:19	2.8	10:13	0.6	10:54	0.2	7:21	4:31	
26	Mon	5:06	2.6	5:02	2.7	11:02	0.7	11:38	0.3	7:21	4:31	
27	Tue	5:44	2.6	5:48	2.6			12:13	0.7	7:21	4:32	
28	Wed	6:26	2.8	6:40	2.5	12:30	0.3	1:29	0.6	7:22	4:33	
29	Thu	7:15	2.9	7:42	2.5	1:28	0.3	2:35	0.4	7:22	4:33	
30	Fri	8:14	3.1	8:52	2.5	2:27	0.2	3:34	0.2	7:22	4:34	
31	Sat	9:18	3.3	9:58	2.6	3:23	0.0	4:29	0.0	7:22	4:35	