US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:50	3.6	11:22	3.3	4:52	-0.3	5:37	-0.6	6:29	5:46	
2	Thu	11:41	3.7			5:47	-0.5	6:26	-0.7	6:27	5:47	
3	Fri	12:10	3.6	12:29	3.7	6:41	-0.7	7:13	-0.8	6:26	5:48	
4	Sat	12:58	3.7	1:16	3.7	7:31	-0.7	7:57	-0.8	6:24	5:50	
5	Sun	1:45	3.7	2:04	3.5	8:19	-0.7	8:40	-0.7	6:22	5:51	
6	Mon	2:33	3.6	2:54	3.2	9:05	-0.5	9:21	-0.4	6:21	5:52	
7	Tue	3:21	3.5	3:46	3.0	9:52	-0.2	10:04	-0.1	6:19	5:53	
8	Wed	4:12	3.3	4:40	2.7	10:42	0.0	10:50	0.2	6:17	5:54	
9	Thu	5:03	3.1	5:33	2.5	11:40	0.3	11:46	0.5	6:16	5:55	
10	Fri	5:54	2.9	6:28	2.4			12:46	0.5	6:14	5:56	
11	Sat	6:49	2.8	7:26	2.3	12:53	0.7	1:51	0.6	6:12	5:58	
12	Sun	8:50	2.7	9:30	2.3	1:59	0.7	3:49	0.5	7:11	6:59	
13	Mon	9:54	2.7	10:31	2.4	3:58	0.7	4:40	0.4	7:09	7:00	
14	Tue	10:51	2.8	11:21	2.6	4:49	0.5	5:24	0.3	7:07	7:01	
15	Wed	11:38	3.0			5:36	0.4	6:05	0.1	7:06	7:02	
16	Thu	12:03	2.8	12:17	3.1	6:20	0.2	6:45	0.0	7:04	7:03	
17	Fri	12:39	3.0	12:53	3.1	7:03	0.1	7:22	-0.1	7:02	7:04	
18	Sat	1:11	3.1	1:26	3.2	7:44	0.0	7:58	-0.1	7:01	7:06	
19	Sun	1:40	3.2	1:58	3.1	8:23	-0.1	8:32	-0.2	6:59	7:07	
20	Mon	2:08	3.3	2:31	3.0	9:01	-0.1	9:04	-0.1	6:57	7:08	
21	Tue	2:36	3.4	3:06	2.9	9:38	-0.1	9:35	-0.1	6:56	7:09	
22	Wed	3:10	3.4	3:47	2.8	10:16	0.0	10:08	0.0	6:54	7:10	
23	Thu	3:52	3.4	4:38	2.7	10:59	0.1	10:47	0.2	6:52	7:11	
24	Fri	4:45	3.3	5:38	2.6	11:54	0.3	11:37	0.3	6:50	7:12	
25	Sat	5:47	3.2	6:43	2.6			1:09	0.4	6:49	7:13	
26	Sun	6:55	3.2	7:51	2.6	12:54	0.4	2:25	0.3	6:47	7:14	
27	Mon	8:08	3.1	9:03	2.8	2:25	0.4	3:31	0.2	6:45	7:15	
28	Tue	9:25	3.2	10:12	3.0	3:39	0.2	4:29	0.0	6:44	7:17	
29	Wed	10:35	3.3	11:12	3.3	4:42	0.0	5:22	-0.2	6:42	7:18	
30	Thu	11:32	3.5			5:38	-0.2	6:11	-0.4	6:40	7:19	
31	Fri	12:03	3.6	12:22	3.6	6:32	-0.4	6:59	-0.5	6:39	7:20	