US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:08	4.0	1:33	3.3	7:54	-0.3	8:01	-0.1	5:51	7:54	
2	Tue	1:50	3.9	2:19	3.2	8:40	-0.3	8:44	0.1	5:49	7:55	
3	Wed	2:32	3.8	3:06	3.0	9:23	-0.2	9:25	0.3	5:48	7:56	
4	Thu	3:16	3.6	3:57	2.9	10:06	0.0	10:04	0.5	5:47	7:57	
5	Fri	4:03	3.4	4:50	2.7	10:48	0.2	10:44	0.7	5:46	7:58	
6	Sat	4:54	3.2	5:44	2.6	11:34	0.4	11:29	0.9	5:45	7:59	
7	Sun	5:46	3.0	6:35	2.6			12:26	0.6	5:43	8:00	
8	Mon	6:37	2.9	7:23	2.6	12:27	1.0	1:22	0.6	5:42	8:01	
9	Tue	7:26	2.8	8:11	2.7	1:38	1.1	2:17	0.7	5:41	8:02	
10	Wed	8:16	2.7	9:01	2.8	2:43	1.0	3:07	0.6	5:40	8:03	
11	Thu	9:10	2.7	9:51	3.0	3:39	0.9	3:53	0.5	5:39	8:04	
12	Fri	10:06	2.8	10:36	3.2	4:29	0.7	4:35	0.4	5:38	8:05	
13	Sat	10:56	2.8	11:16	3.4	5:16	0.5	5:16	0.3	5:37	8:06	
14	Sun	11:41	2.9	11:52	3.6	6:02	0.3	5:57	0.2	5:36	8:07	
15	Mon			12:23	3.0	6:49	0.1	6:40	0.2	5:35	8:08	
16	Tue	12:28	3.8	1:04	3.1	7:36	0.0	7:25	0.1	5:34	8:09	
17	Wed	1:07	3.9	1:48	3.1	8:23	-0.2	8:12	0.1	5:33	8:10	
18	Thu	1:49	4.0	2:37	3.0	9:09	-0.2	8:59	0.1	5:32	8:11	
19	Fri	2:38	3.9	3:33	3.0	9:56	-0.2	9:48	0.1	5:31	8:12	
20	Sat	3:34	3.8	4:35	3.0	10:46	-0.1	10:40	0.2	5:30	8:13	
21	Sun	4:38	3.7	5:38	3.1	11:40	0.0	11:41	0.3	5:30	8:14	
22	Mon	5:43	3.5	6:37	3.2			12:40	0.0	5:29	8:15	
23	Tue	6:45	3.4	7:34	3.3	12:52	0.4	1:41	0.1	5:28	8:16	
24	Wed	7:43	3.3	8:31	3.4	2:04	0.4	2:40	0.0	5:27	8:17	
25	Thu	8:44	3.2	9:29	3.6	3:10	0.4	3:35	0.0	5:27	8:18	
26	Fri	9:46	3.1	10:25	3.7	4:10	0.3	4:26	0.0	5:26	8:19	
27	Sat	10:46	3.1	11:16	3.8	5:05	0.1	5:15	0.0	5:25	8:20	
28	Sun	11:40	3.1			5:56	0.0	6:02	0.1	5:25	8:21	
29	Mon	12:02	3.9	12:28	3.1	6:46	0.0	6:49	0.1	5:24	8:21	
30	Tue	12:45	3.9	1:14	3.0	7:34	-0.1	7:35	0.2	5:24	8:22	
31	Wed	1:26	3.8	1:59	3.0	8:20	-0.1	8:19	0.3	5:23	8:23	