US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:08	3.7	2:45	2.9	9:03	0.0	9:01	0.4	5:23	8:24	
2	Fri	2:50	3.5	3:34	2.8	9:44	0.1	9:41	0.6	5:22	8:24	
3	Sat	3:35	3.4	4:24	2.8	10:24	0.2	10:20	0.7	5:22	8:25	
4	Sun	4:23	3.2	5:15	2.7	11:03	0.3	11:00	0.8	5:22	8:26	
5	Mon	5:11	3.1	6:02	2.8	11:45	0.5	11:47	1.0	5:21	8:26	
6	Tue	5:57	3.0	6:45	2.8			12:30	0.5	5:21	8:27	
7	Wed	6:40	2.9	7:26	2.9	12:47	1.1	1:18	0.6	5:21	8:28	
8	Thu	7:23	2.8	8:06	3.0	1:54	1.1	2:07	0.6	5:21	8:28	
9	Fri	8:10	2.7	8:49	3.1	2:55	1.0	2:56	0.6	5:20	8:29	
10	Sat	9:05	2.7	9:37	3.3	3:50	0.8	3:43	0.5	5:20	8:29	
11	Sun	10:06	2.7	10:27	3.5	4:42	0.6	4:30	0.4	5:20	8:30	
12	Mon	11:03	2.8	11:15	3.7	5:32	0.4	5:17	0.3	5:20	8:30	
13	Tue	11:53	2.9			6:22	0.2	6:07	0.2	5:20	8:31	
14	Wed	12:01	3.9	12:42	3.0	7:14	0.0	7:00	0.1	5:20	8:31	
15	Thu	12:48	4.0	1:32	3.1	8:04	-0.2	7:54	0.0	5:20	8:32	
16	Fri	1:38	4.1	2:25	3.2	8:54	-0.3	8:47	0.0	5:20	8:32	
17	Sat	2:31	4.0	3:23	3.3	9:42	-0.3	9:40	0.0	5:20	8:32	
18	Sun	3:29	3.9	4:24	3.3	10:30	-0.3	10:34	0.1	5:20	8:33	
19	Mon	4:31	3.8	5:24	3.4	11:21	-0.3	11:32	0.2	5:21	8:33	
20	Tue	5:31	3.6	6:21	3.5			12:15	-0.1	5:21	8:33	
21	Wed	6:29	3.4	7:14	3.6	12:37	0.3	1:13	0.0	5:21	8:33	
22	Thu	7:24	3.2	8:07	3.6	1:45	0.4	2:10	0.1	5:21	8:34	
23	Fri	8:20	3.1	9:02	3.6	2:50	0.4	3:06	0.1	5:22	8:34	
24	Sat	9:21	2.9	9:59	3.6	3:50	0.4	3:59	0.2	5:22	8:34	
25	Sun	10:23	2.9	10:52	3.7	4:46	0.3	4:49	0.3	5:22	8:34	
26	Mon	11:20	2.9	11:41	3.7	5:37	0.2	5:37	0.3	5:23	8:34	
27	Tue			12:10	2.9	6:26	0.2	6:25	0.4	5:23	8:34	
28	Wed	12:25	3.7	12:55	2.9	7:14	0.1	7:11	0.4	5:23	8:34	
29	Thu	1:07	3.7	1:39	2.9	7:59	0.1	7:56	0.5	5:24	8:34	
30	Fri	1:48	3.6	2:23	2.9	8:41	0.1	8:39	0.5	5:24	8:34	