US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:00	3.1	6:09	3.2	12:06	0.0	12:24	0.4	7:03	4:26	
2	Sat	6:57	3.2	7:09	3.1	1:07	0.0	1:35	0.3	7:04	4:25	
3	Sun	7:56	3.4	8:12	3.0	2:05	-0.1	2:39	0.2	7:05	4:25	
4	Mon	8:55	3.5	9:15	3.0	2:59	-0.1	3:37	0.0	7:06	4:25	
5	Tue	9:51	3.6	10:13	3.0	3:50	-0.2	4:31	-0.1	7:07	4:25	
6	Wed	10:40	3.7	11:04	3.0	4:39	-0.2	5:22	-0.2	7:08	4:25	
7	Thu	11:26	3.8	11:51	3.0	5:27	-0.2	6:12	-0.3	7:09	4:25	
8	Fri			12:09	3.7	6:15	-0.1	7:00	-0.3	7:10	4:25	
9	Sat	12:37	3.0	12:52	3.7	7:01	0.0	7:45	-0.2	7:11	4:25	
10	Sun	1:23	2.9	1:36	3.5	7:45	0.1	8:27	-0.2	7:12	4:25	
11	Mon	2:11	2.8	2:21	3.3	8:26	0.2	9:08	0.0	7:13	4:25	
12	Tue	3:00	2.7	3:08	3.2	9:06	0.4	9:48	0.1	7:13	4:25	
13	Wed	3:51	2.6	3:56	3.0	9:46	0.5	10:29	0.2	7:14	4:25	
14	Thu	4:40	2.6	4:44	2.8	10:31	0.7	11:12	0.3	7:15	4:25	
15	Fri	5:26	2.6	5:29	2.7	11:26	0.8			7:15	4:26	
16	Sat	6:09	2.6	6:13	2.6	12:00	0.4	12:32	0.8	7:16	4:26	
17	Sun	6:52	2.7	6:59	2.5	12:51	0.5	1:37	0.8	7:17	4:26	
18	Mon	7:36	2.7	7:53	2.4	1:41	0.4	2:34	0.7	7:17	4:27	
19	Tue	8:25	2.9	8:53	2.4	2:30	0.4	3:27	0.5	7:18	4:27	
20	Wed	9:16	3.0	9:50	2.5	3:17	0.3	4:16	0.3	7:19	4:28	
21	Thu	10:04	3.3	10:39	2.6	4:03	0.2	5:05	0.1	7:19	4:28	
22	Fri	10:48	3.5	11:25	2.7	4:51	0.1	5:54	-0.1	7:20	4:29	
23	Sat	11:32	3.6			5:40	-0.1	6:42	-0.3	7:20	4:29	
24	Sun	12:10	2.8	12:17	3.7	6:31	-0.2	7:30	-0.4	7:20	4:30	
25	Mon	12:57	2.9	1:05	3.8	7:22	-0.3	8:16	-0.5	7:21	4:30	
26	Tue	1:49	3.0	1:57	3.7	8:12	-0.3	9:02	-0.5	7:21	4:31	
27	Wed	2:45	3.0	2:54	3.6	9:03	-0.3	9:49	-0.5	7:21	4:32	
28	Thu	3:43	3.1	3:53	3.4	9:56	-0.2	10:40	-0.4	7:22	4:32	
29	Fri	4:42	3.2	4:52	3.2	10:57	0.0	11:36	-0.3	7:22	4:33	
30	Sat	5:38	3.2	5:49	3.0			12:05	0.1	7:22	4:34	
31	Sun	6:33	3.2	6:47	2.8	12:35	-0.2	1:15	0.2	7:22	4:35	