US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:36	2.9	8:14	2.4	1:44	0.4	2:35	0.3	6:29	5:46	
2	Fri	8:42	2.8	9:20	2.4	2:47	0.4	3:32	0.2	6:28	5:47	
3	Sat	9:44	2.9	10:15	2.6	3:42	0.4	4:21	0.1	6:26	5:48	
4	Sun	10:34	3.0	11:00	2.8	4:32	0.3	5:05	0.0	6:24	5:49	
5	Mon	11:16	3.1	11:39	2.9	5:17	0.1	5:46	-0.1	6:23	5:50	
6	Tue	11:54	3.2			6:01	0.0	6:25	-0.1	6:21	5:52	
7	Wed	12:15	3.1	12:30	3.2	6:42	0.0	7:01	-0.2	6:19	5:53	
8	Thu	12:49	3.1	1:05	3.1	7:21	-0.1	7:35	-0.2	6:18	5:54	
9	Fri	1:20	3.2	1:38	3.0	7:58	-0.1	8:06	-0.1	6:16	5:55	
10	Sat	1:49	3.1	2:10	2.9	8:33	0.0	8:34	0.0	6:15	5:56	
11	Sun	3:15	3.1	3:42	2.7	10:05	0.1	10:00	0.1	7:13	6:57	
12	Mon	3:42	3.1	4:17	2.6	10:38	0.2	10:27	0.2	7:11	6:58	
13	Tue	4:16	3.0	5:01	2.5	11:14	0.3	11:00	0.3	7:10	7:00	
14	Wed	5:02	3.0	5:54	2.4			12:06	0.5	7:08	7:01	
15	Thu	5:58	3.0	6:54	2.4			1:28	0.5	7:06	7:02	
16	Fri	7:02	3.0	8:01	2.4	12:58	0.5	2:46	0.5	7:04	7:03	
17	Sat	8:13	3.0	9:14	2.6	2:35	0.5	3:50	0.3	7:03	7:04	
18	Sun	9:33	3.1	10:24	2.9	3:50	0.3	4:45	0.0	7:01	7:05	
19	Mon	10:43	3.4	11:21	3.3	4:52	0.0	5:36	-0.3	6:59	7:06	
20	Tue	11:40	3.6			5:50	-0.3	6:25	-0.5	6:58	7:07	
21	Wed	12:12	3.6	12:31	3.7	6:44	-0.5	7:14	-0.7	6:56	7:09	
22	Thu	12:59	3.9	1:20	3.7	7:38	-0.7	8:01	-0.8	6:54	7:10	
23	Fri	1:46	4.0	2:09	3.6	8:29	-0.8	8:48	-0.7	6:53	7:11	
24	Sat	2:35	4.0	3:00	3.5	9:18	-0.7	9:33	-0.6	6:51	7:12	
25	Sun	3:25	3.9	3:54	3.3	10:07	-0.5	10:18	-0.3	6:49	7:13	
26	Mon	4:18	3.7	4:52	3.0	10:57	-0.3	11:07	0.0	6:47	7:14	
27	Tue	5:14	3.4	5:51	2.8	11:53	0.0			6:46	7:15	
28	Wed	6:12	3.2	6:49	2.7	12:02	0.3	12:56	0.2	6:44	7:16	
29	Thu	7:09	3.0	7:47	2.6	1:08	0.6	2:02	0.4	6:42	7:17	
30	Fri	8:07	2.9	8:47	2.5	2:18	0.7	3:05	0.4	6:41	7:19	
31	Sat	9:09	2.8	9:49	2.6	3:21	0.7	3:59	0.4	6:39	7:20	