US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:13	2.7	11:27	3.5	5:32	0.5	5:21	0.4	5:23	8:23	
2	Sat	11:58	2.8			6:17	0.3	6:03	0.4	5:22	8:24	
3	Sun	12:03	3.6	12:39	2.9	7:03	0.2	6:47	0.4	5:22	8:25	
4	Mon	12:38	3.7	1:19	2.9	7:48	0.1	7:32	0.3	5:22	8:26	
5	Tue	1:14	3.8	2:01	2.9	8:32	0.0	8:17	0.3	5:21	8:26	
6	Wed	1:53	3.8	2:46	2.9	9:15	-0.1	9:03	0.2	5:21	8:27	
7	Thu	2:38	3.8	3:37	3.0	9:58	-0.1	9:48	0.3	5:21	8:28	
8	Fri	3:30	3.7	4:33	3.1	10:42	-0.1	10:38	0.3	5:21	8:28	
9	Sat	4:27	3.6	5:30	3.2	11:30	0.0	11:34	0.4	5:20	8:29	
10	Sun	5:28	3.5	6:25	3.3			12:24	0.0	5:20	8:29	
11	Mon	6:27	3.4	7:18	3.5	12:42	0.5	1:22	0.1	5:20	8:30	
12	Tue	7:24	3.2	8:13	3.6	1:54	0.4	2:20	0.1	5:20	8:30	
13	Wed	8:24	3.1	9:11	3.7	3:01	0.4	3:17	0.0	5:20	8:31	
14	Thu	9:29	3.0	10:11	3.8	4:03	0.2	4:12	0.0	5:20	8:31	
15	Fri	10:35	3.0	11:07	3.9	5:00	0.1	5:06	0.0	5:20	8:32	
16	Sat	11:35	3.1	11:58	4.0	5:54	0.0	5:58	0.0	5:20	8:32	
17	Sun			12:28	3.1	6:47	-0.1	6:50	0.1	5:20	8:32	
18	Mon	12:46	4.0	1:18	3.1	7:38	-0.2	7:41	0.2	5:20	8:33	
19	Tue	1:33	3.9	2:08	3.1	8:27	-0.2	8:29	0.2	5:21	8:33	
20	Wed	2:19	3.8	2:58	3.1	9:12	-0.1	9:15	0.3	5:21	8:33	
21	Thu	3:06	3.6	3:49	3.0	9:54	0.0	9:58	0.5	5:21	8:33	
22	Fri	3:55	3.5	4:40	3.0	10:35	0.1	10:41	0.6	5:21	8:34	
23	Sat	4:44	3.3	5:29	3.0	11:15	0.2	11:27	0.8	5:21	8:34	
24	Sun	5:31	3.1	6:14	3.0	11:57	0.4			5:22	8:34	
25	Mon	6:17	3.0	6:56	3.0	12:20	0.9	12:40	0.5	5:22	8:34	
26	Tue	7:00	2.8	7:37	3.0	1:20	1.0	1:27	0.6	5:23	8:34	
27	Wed	7:45	2.7	8:19	3.1	2:21	1.0	2:15	0.7	5:23	8:34	
28	Thu	8:35	2.6	9:05	3.2	3:18	0.9	3:05	0.7	5:23	8:34	
29	Fri	9:33	2.6	9:56	3.3	4:10	0.8	3:53	0.6	5:24	8:34	
30	Sat	10:32	2.6	10:45	3.4	5:00	0.6	4:41	0.6	5:24	8:34	