US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:45	3.0	3:01	3.5	9:01	0.1	9:43	-0.1	7:03	4:26	
2	Sun	3:43	2.9	3:56	3.3	9:49	0.3	10:32	0.1	7:04	4:25	
3	Mon	4:39	2.8	4:50	3.1	10:42	0.5	11:24	0.2	7:05	4:25	
4	Tue	5:31	2.8	5:41	2.9	11:42	0.7			7:06	4:25	
5	Wed	6:19	2.8	6:30	2.8	12:18	0.4	12:46	0.8	7:07	4:25	
6	Thu	7:07	2.8	7:20	2.6	1:11	0.4	1:47	0.8	7:08	4:25	
7	Fri	7:56	2.8	8:13	2.6	2:00	0.4	2:42	0.7	7:09	4:25	
8	Sat	8:47	2.9	9:09	2.5	2:45	0.4	3:32	0.5	7:10	4:25	
9	Sun	9:36	3.1	10:00	2.6	3:29	0.4	4:19	0.4	7:11	4:25	
10	Mon	10:19	3.2	10:46	2.6	4:11	0.3	5:03	0.2	7:11	4:25	
11	Tue	10:57	3.3	11:27	2.7	4:52	0.2	5:48	0.1	7:12	4:25	
12	Wed	11:32	3.4			5:35	0.2	6:32	0.0	7:13	4:25	
13	Thu	12:06	2.7	12:06	3.5	6:18	0.1	7:15	-0.1	7:14	4:25	
14	Fri	12:45	2.7	12:41	3.5	7:01	0.1	7:56	-0.2	7:15	4:25	
15	Sat	1:24	2.7	1:19	3.5	7:43	0.1	8:37	-0.2	7:15	4:26	
16	Sun	2:08	2.8	2:02	3.5	8:25	0.0	9:17	-0.2	7:16	4:26	
17	Mon	2:57	2.8	2:53	3.4	9:09	0.1	10:00	-0.1	7:17	4:26	
18	Tue	3:52	2.9	3:49	3.3	9:58	0.1	10:48	-0.1	7:17	4:27	
19	Wed	4:47	3.0	4:48	3.1	10:58	0.2	11:43	-0.1	7:18	4:27	
20	Thu	5:42	3.1	5:47	3.0			12:11	0.3	7:18	4:27	
21	Fri	6:36	3.2	6:46	2.9	12:43	-0.1	1:24	0.2	7:19	4:28	
22	Sat	7:35	3.3	7:52	2.8	1:44	-0.1	2:30	0.1	7:19	4:28	
23	Sun	8:37	3.5	9:01	2.8	2:43	-0.2	3:31	-0.1	7:20	4:29	
24	Mon	9:39	3.6	10:06	2.8	3:39	-0.2	4:27	-0.2	7:20	4:30	
25	Tue	10:35	3.7	11:02	2.9	4:33	-0.3	5:21	-0.4	7:21	4:30	
26	Wed	11:26	3.8	11:54	3.0	5:26	-0.3	6:14	-0.5	7:21	4:31	
27	Thu			12:14	3.8	6:19	-0.3	7:04	-0.5	7:21	4:32	
28	Fri	12:43	3.0	1:01	3.7	7:09	-0.3	7:50	-0.5	7:22	4:32	
29	Sat	1:33	3.0	1:48	3.5	7:56	-0.2	8:34	-0.4	7:22	4:33	
30	Sun	2:22	2.9	2:35	3.4	8:40	-0.1	9:16	-0.3	7:22	4:34	
31	Mon	3:12	2.8	3:24	3.2	9:23	0.1	9:56	-0.1	7:22	4:35	