US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2048

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:39	3.3	12:50	3.4	7:17	-0.4	7:42	-0.5	6:28	5:46	
2	Mon	1:17	3.5	1:31	3.3	8:01	-0.5	8:20	-0.5	6:27	5:48	
3	Tue	1:58	3.5	2:16	3.2	8:45	-0.5	8:59	-0.4	6:25	5:49	
4	Wed	2:45	3.5	3:07	3.1	9:32	-0.4	9:41	-0.3	6:24	5:50	
5	Thu	3:39	3.5	4:06	2.9	10:24	-0.2	10:31	-0.1	6:22	5:51	
6	Fri	4:39	3.4	5:09	2.8	11:28	0.0	11:36	0.1	6:20	5:52	
7	Sat	5:41	3.3	6:14	2.7			12:40	0.1	6:19	5:53	
8	Sun	7:46	3.2	8:22	2.7	12:54	0.2	2:50	0.1	7:17	6:54	
9	Mon	8:55	3.1	9:35	2.7	3:06	0.2	3:54	0.0	7:15	6:56	
10	Tue	10:06	3.2	10:41	2.9	4:11	0.1	4:51	-0.1	7:14	6:57	
11	Wed	11:07	3.3	11:37	3.1	5:09	-0.1	5:42	-0.3	7:12	6:58	
12	Thu	11:58	3.4			6:02	-0.2	6:30	-0.4	7:10	6:59	
13	Fri	12:24	3.3	12:43	3.5	6:52	-0.3	7:15	-0.5	7:09	7:00	
14	Sat	1:06	3.4	1:26	3.4	7:39	-0.4	7:58	-0.4	7:07	7:01	
15	Sun	1:46	3.5	2:07	3.4	8:24	-0.4	8:37	-0.4	7:05	7:02	
16	Mon	2:25	3.5	2:48	3.2	9:05	-0.3	9:14	-0.2	7:04	7:04	
17	Tue	3:03	3.4	3:31	3.0	9:45	-0.2	9:48	-0.1	7:02	7:05	
18	Wed	3:42	3.2	4:15	2.8	10:24	0.0	10:20	0.2	7:00	7:06	
19	Thu	4:22	3.1	5:02	2.7	11:03	0.2	10:52	0.4	6:58	7:07	
20	Fri	5:04	2.9	5:51	2.5	11:47	0.4	11:25	0.6	6:57	7:08	
21	Sat	5:49	2.8	6:41	2.4			12:43	0.6	6:55	7:09	
22	Sun	6:36	2.7	7:32	2.4	12:13	0.7	1:49	0.7	6:53	7:10	
23	Mon	7:27	2.7	8:27	2.4	1:32	0.8	2:52	0.7	6:52	7:11	
24	Tue	8:27	2.7	9:27	2.5	2:48	0.8	3:47	0.5	6:50	7:12	
25	Wed	9:33	2.8	10:23	2.7	3:49	0.6	4:35	0.4	6:48	7:14	
26	Thu	10:33	2.9	11:10	3.0	4:42	0.4	5:20	0.2	6:47	7:15	
27	Fri	11:22	3.1	11:51	3.2	5:32	0.2	6:03	0.0	6:45	7:16	
28	Sat			12:05	3.3	6:20	-0.1	6:45	-0.2	6:43	7:17	
29	Sun	12:30	3.5	12:46	3.4	7:09	-0.3	7:28	-0.3	6:41	7:18	
30	Mon	1:09	3.8	1:28	3.4	7:57	-0.5	8:12	-0.4	6:40	7:19	
31	Tue	1:50	3.9	2:14	3.4	8:45	-0.6	8:55	-0.4	6:38	7:20	