US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2048

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:01	3.8	5:46	3.4	11:39	-0.2	11:59	0.3	5:23	8:24	
2	Tue	6:00	3.6	6:42	3.4			12:36	-0.1	5:22	8:25	
3	Wed	6:55	3.4	7:35	3.4	1:05	0.5	1:34	0.1	5:22	8:25	
4	Thu	7:48	3.2	8:27	3.3	2:10	0.5	2:29	0.2	5:22	8:26	
5	Fri	8:42	3.0	9:19	3.4	3:11	0.5	3:21	0.3	5:21	8:27	
6	Sat	9:39	2.9	10:12	3.4	4:06	0.5	4:09	0.3	5:21	8:27	
7	Sun	10:35	2.8	11:00	3.5	4:57	0.4	4:54	0.4	5:21	8:28	
8	Mon	11:26	2.9	11:43	3.5	5:44	0.3	5:37	0.4	5:21	8:29	
9	Tue			12:11	2.9	6:29	0.3	6:20	0.4	5:20	8:29	
10	Wed	12:23	3.6	12:54	2.9	7:13	0.2	7:02	0.4	5:20	8:30	
11	Thu	1:00	3.6	1:35	2.9	7:56	0.1	7:45	0.4	5:20	8:30	
12	Fri	1:36	3.6	2:17	2.9	8:37	0.1	8:25	0.5	5:20	8:31	
13	Sat	2:10	3.5	2:59	2.9	9:15	0.1	9:04	0.5	5:20	8:31	
14	Sun	2:42	3.4	3:42	2.9	9:51	0.2	9:40	0.6	5:20	8:31	
15	Mon	3:15	3.3	4:25	2.9	10:26	0.2	10:16	0.6	5:20	8:32	
16	Tue	3:52	3.3	5:08	2.9	11:01	0.3	10:54	0.7	5:20	8:32	
17	Wed	4:35	3.2	5:49	3.0	11:37	0.3	11:42	0.7	5:20	8:33	
18	Thu	5:25	3.1	6:30	3.1			12:19	0.4	5:20	8:33	
19	Fri	6:18	3.1	7:15	3.3	12:46	0.8	1:13	0.4	5:21	8:33	
20	Sat	7:13	3.0	8:05	3.5	2:01	0.7	2:13	0.4	5:21	8:33	
21	Sun	8:14	2.9	9:04	3.6	3:10	0.5	3:14	0.3	5:21	8:34	
22	Mon	9:24	3.0	10:08	3.8	4:12	0.3	4:13	0.2	5:21	8:34	
23	Tue	10:36	3.0	11:08	4.0	5:10	0.1	5:11	0.0	5:22	8:34	
24	Wed	11:39	3.2			6:06	-0.1	6:08	-0.1	5:22	8:34	
25	Thu	12:04	4.2	12:36	3.3	7:02	-0.3	7:06	-0.2	5:22	8:34	
26	Fri	12:58	4.3	1:32	3.4	7:56	-0.5	8:02	-0.2	5:23	8:34	
27	Sat	1:52	4.3	2:29	3.5	8:47	-0.6	8:57	-0.2	5:23	8:34	
28	Sun	2:46	4.1	3:27	3.5	9:36	-0.5	9:49	-0.1	5:24	8:34	
29	Mon	3:42	4.0	4:25	3.5	10:24	-0.5	10:41	0.1	5:24	8:34	
30	Tue	4:39	3.8	5:22	3.5	11:13	-0.3	11:36	0.3	5:25	8:34	