US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2049

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