US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:34	3.7	2:10	3.1	8:31	0.0	8:25	0.3	5:23	8:24	
2	Wed	2:13	3.6	2:55	3.0	9:12	0.0	9:05	0.4	5:22	8:24	
3	Thu	2:53	3.5	3:42	2.9	9:50	0.1	9:43	0.5	5:22	8:25	
4	Fri	3:33	3.3	4:30	2.9	10:28	0.2	10:20	0.6	5:22	8:26	
5	Sat	4:15	3.2	5:18	2.9	11:06	0.3	10:58	0.8	5:21	8:27	
6	Sun	4:57	3.1	6:03	2.9	11:45	0.4	11:42	0.9	5:21	8:27	
7	Mon	5:40	3.0	6:44	2.9			12:28	0.5	5:21	8:28	
8	Tue	6:22	2.9	7:23	3.0	12:40	0.9	1:17	0.6	5:21	8:28	
9	Wed	7:07	2.8	8:05	3.1	1:48	0.9	2:10	0.6	5:20	8:29	
10	Thu	7:57	2.8	8:52	3.2	2:52	0.8	3:02	0.5	5:20	8:29	
11	Fri	8:57	2.8	9:45	3.5	3:50	0.6	3:53	0.4	5:20	8:30	
12	Sat	10:04	2.8	10:39	3.7	4:45	0.4	4:44	0.3	5:20	8:30	
13	Sun	11:06	3.0	11:31	3.9	5:37	0.1	5:35	0.1	5:20	8:31	
14	Mon			12:00	3.1	6:30	-0.1	6:28	0.0	5:20	8:31	
15	Tue	12:20	4.1	12:51	3.3	7:22	-0.3	7:23	-0.1	5:20	8:32	
16	Wed	1:10	4.2	1:44	3.4	8:14	-0.4	8:18	-0.2	5:20	8:32	
17	Thu	2:02	4.2	2:41	3.4	9:04	-0.5	9:11	-0.2	5:20	8:32	
18	Fri	2:58	4.1	3:40	3.5	9:53	-0.5	10:04	-0.1	5:20	8:33	
19	Sat	3:57	4.0	4:42	3.5	10:42	-0.5	10:59	0.0	5:21	8:33	
20	Sun	4:57	3.8	5:41	3.6	11:34	-0.3			5:21	8:33	
21	Mon	5:55	3.6	6:37	3.6	12:00	0.2	12:30	-0.2	5:21	8:33	
22	Tue	6:51	3.4	7:30	3.6	1:05	0.3	1:28	0.0	5:21	8:34	
23	Wed	7:46	3.2	8:24	3.5	2:11	0.4	2:25	0.1	5:22	8:34	
24	Thu	8:43	3.0	9:19	3.5	3:13	0.4	3:20	0.2	5:22	8:34	
25	Fri	9:43	2.9	10:15	3.5	4:10	0.4	4:12	0.3	5:22	8:34	
26	Sat	10:42	2.9	11:06	3.6	5:03	0.3	5:00	0.3	5:23	8:34	
27	Sun	11:34	2.9	11:52	3.6	5:52	0.2	5:47	0.3	5:23	8:34	
28	Mon			12:21	3.0	6:39	0.2	6:32	0.4	5:23	8:34	
29	Tue	12:33	3.6	1:05	3.0	7:24	0.1	7:17	0.4	5:24	8:34	
30	Wed	1:13	3.6	1:47	3.0	8:07	0.1	8:00	0.4	5:24	8:34	