US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:20	3.2	5:38	3.4	11:45	0.2			7:03	4:26	
2	Thu	6:18	3.2	6:36	3.2	12:22	-0.1	12:57	0.3	7:04	4:25	
3	Fri	7:16	3.3	7:36	3.1	1:23	-0.1	2:03	0.2	7:05	4:25	
4	Sat	8:16	3.4	8:39	3.0	2:21	-0.1	3:04	0.1	7:06	4:25	
5	Sun	9:15	3.5	9:39	3.0	3:15	-0.2	3:59	0.0	7:07	4:25	
6	Mon	10:09	3.6	10:33	3.1	4:05	-0.2	4:50	-0.1	7:08	4:25	
7	Tue	10:56	3.6	11:21	3.1	4:53	-0.2	5:40	-0.2	7:09	4:25	
8	Wed	11:39	3.7			5:40	-0.1	6:27	-0.2	7:10	4:25	
9	Thu	12:06	3.1	12:20	3.6	6:25	-0.1	7:12	-0.3	7:11	4:25	
10	Fri	12:50	3.0	1:00	3.5	7:09	0.0	7:55	-0.2	7:12	4:25	
11	Sat	1:34	2.9	1:40	3.4	7:50	0.1	8:35	-0.1	7:13	4:25	
12	Sun	2:20	2.9	2:21	3.3	8:29	0.2	9:13	0.0	7:13	4:25	
13	Mon	3:07	2.8	3:04	3.1	9:07	0.3	9:51	0.1	7:14	4:25	
14	Tue	3:55	2.7	3:48	2.9	9:44	0.4	10:29	0.2	7:15	4:25	
15	Wed	4:42	2.7	4:32	2.8	10:25	0.6	11:11	0.4	7:16	4:26	
16	Thu	5:27	2.7	5:14	2.7	11:17	0.7	11:59	0.4	7:16	4:26	
17	Fri	6:09	2.7	5:58	2.6			12:25	0.8	7:17	4:26	
18	Sat	6:51	2.7	6:45	2.5	12:53	0.5	1:32	0.7	7:17	4:27	
19	Sun	7:37	2.8	7:42	2.5	1:47	0.4	2:32	0.5	7:18	4:27	
20	Mon	8:30	3.0	8:47	2.5	2:39	0.3	3:26	0.3	7:19	4:28	
21	Tue	9:24	3.2	9:48	2.6	3:28	0.2	4:18	0.1	7:19	4:28	
22	Wed	10:15	3.5	10:41	2.8	4:18	0.0	5:08	-0.1	7:20	4:29	
23	Thu	11:02	3.7	11:29	3.0	5:08	-0.2	5:59	-0.4	7:20	4:29	
24	Fri	11:49	3.9			6:00	-0.3	6:49	-0.6	7:20	4:30	
25	Sat	12:17	3.1	12:37	3.9	6:52	-0.4	7:38	-0.7	7:21	4:30	
26	Sun	1:08	3.2	1:28	3.9	7:44	-0.5	8:25	-0.8	7:21	4:31	
27	Mon	2:02	3.2	2:23	3.8	8:35	-0.5	9:13	-0.7	7:21	4:32	
28	Tue	3:01	3.3	3:21	3.6	9:27	-0.4	10:02	-0.6	7:22	4:32	
29	Wed	4:01	3.3	4:20	3.4	10:23	-0.2	10:55	-0.5	7:22	4:33	
30	Thu	5:00	3.3	5:19	3.2	11:27	0.0	11:53	-0.3	7:22	4:34	
31	Fri	5:56	3.2	6:15	3.0			12:35	0.1	7:22	4:35	