US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:45	3.0	2:55	2.8	9:10	0.0	9:21	0.0	6:29	5:45	
2	Thu	3:21	2.9	3:31	2.7	9:44	0.2	9:47	0.2	6:28	5:47	
3	Fri	3:56	2.9	4:09	2.5	10:19	0.3	10:15	0.3	6:26	5:48	
4	Sat	4:34	2.8	4:53	2.4	11:05	0.4	10:54	0.5	6:25	5:49	
5	Sun	5:18	2.8	5:43	2.4			12:14	0.5	6:23	5:50	
6	Mon	6:09	2.8	6:41	2.4	12:00	0.6	1:30	0.5	6:21	5:51	
7	Tue	7:10	2.9	7:49	2.5	1:32	0.5	2:34	0.3	6:20	5:52	
8	Wed	8:22	3.0	9:01	2.7	2:42	0.4	3:30	0.1	6:18	5:54	
9	Thu	9:30	3.2	10:02	3.0	3:42	0.1	4:22	-0.2	6:17	5:55	
10	Fri	10:27	3.5	10:53	3.3	4:37	-0.2	5:11	-0.4	6:15	5:56	
11	Sat	11:17	3.7	11:41	3.6	5:31	-0.5	6:00	-0.6	6:13	5:57	
12	Sun			1:06	3.8	7:24	-0.7	7:49	-0.8	7:12	6:58	
13	Mon	1:28	3.8	1:55	3.8	8:16	-0.8	8:36	-0.9	7:10	6:59	
14	Tue	2:17	3.9	2:46	3.7	9:06	-0.8	9:23	-0.8	7:08	7:01	
15	Wed	3:09	3.9	3:41	3.6	9:56	-0.8	10:10	-0.7	7:06	7:02	
16	Thu	4:04	3.8	4:39	3.4	10:47	-0.6	10:59	-0.4	7:05	7:03	
17	Fri	5:02	3.6	5:39	3.2	11:44	-0.3	11:54	-0.1	7:03	7:04	
18	Sat	6:01	3.4	6:38	3.0			12:47	-0.1	7:01	7:05	
19	Sun	7:00	3.2	7:37	2.9	12:58	0.1	1:53	0.1	7:00	7:06	
20	Mon	7:59	3.0	8:37	2.8	2:05	0.3	2:58	0.2	6:58	7:07	
21	Tue	9:02	2.9	9:40	2.8	3:10	0.3	3:56	0.2	6:56	7:08	
22	Wed	10:05	2.9	10:38	2.9	4:08	0.3	4:48	0.1	6:55	7:09	
23	Thu	11:01	3.0	11:27	3.0	5:00	0.2	5:34	0.0	6:53	7:11	
24	Fri	11:47	3.1			5:48	0.1	6:17	0.0	6:51	7:12	
25	Sat	12:10	3.2	12:28	3.1	6:32	0.0	6:58	-0.1	6:49	7:13	
26	Sun	12:49	3.3	1:06	3.2	7:15	-0.1	7:37	-0.1	6:48	7:14	
27	Mon	1:25	3.4	1:42	3.1	7:56	-0.1	8:13	-0.1	6:46	7:15	
28	Tue	2:00	3.4	2:17	3.1	8:35	-0.1	8:48	0.0	6:44	7:16	
29	Wed	2:34	3.3	2:51	3.0	9:12	-0.1	9:20	0.1	6:43	7:17	
30	Thu	3:05	3.3	3:24	2.9	9:47	0.0	9:50	0.2	6:41	7:18	
31	Fri	3:34	3.2	3:58	2.7	10:21	0.1	10:17	0.3	6:39	7:19	