US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:00	3.4	6:47	3.2	12:10	0.6	12:54	0.1	5:23	8:23	
2	Fri	6:58	3.3	7:42	3.4	1:25	0.6	1:56	0.1	5:23	8:24	
3	Sat	7:59	3.3	8:41	3.5	2:37	0.4	2:56	0.0	5:22	8:25	
4	Sun	9:05	3.2	9:44	3.7	3:42	0.3	3:53	-0.1	5:22	8:26	
5	Mon	10:13	3.3	10:44	3.9	4:41	0.1	4:48	-0.2	5:21	8:26	
6	Tue	11:15	3.4	11:40	4.1	5:37	-0.1	5:42	-0.2	5:21	8:27	
7	Wed			12:11	3.4	6:32	-0.3	6:35	-0.3	5:21	8:27	
8	Thu	12:31	4.2	1:04	3.5	7:25	-0.4	7:29	-0.2	5:21	8:28	
9	Fri	1:20	4.1	1:56	3.5	8:17	-0.5	8:20	-0.2	5:21	8:29	
10	Sat	2:09	4.0	2:50	3.4	9:06	-0.4	9:09	-0.1	5:20	8:29	
11	Sun	3:00	3.9	3:44	3.3	9:52	-0.3	9:57	0.1	5:20	8:30	
12	Mon	3:52	3.7	4:39	3.3	10:39	-0.2	10:44	0.3	5:20	8:30	
13	Tue	4:46	3.5	5:32	3.2	11:25	0.0	11:34	0.5	5:20	8:31	
14	Wed	5:38	3.3	6:22	3.2			12:14	0.2	5:20	8:31	
15	Thu	6:27	3.1	7:09	3.1	12:29	0.7	1:06	0.4	5:20	8:32	
16	Fri	7:14	2.9	7:55	3.1	1:29	0.8	1:57	0.5	5:20	8:32	
17	Sat	8:02	2.8	8:43	3.2	2:29	0.8	2:47	0.6	5:20	8:32	
18	Sun	8:54	2.7	9:33	3.2	3:24	0.8	3:35	0.6	5:20	8:33	
19	Mon	9:50	2.7	10:23	3.3	4:15	0.7	4:20	0.5	5:21	8:33	
20	Tue	10:45	2.7	11:09	3.4	5:03	0.5	5:04	0.5	5:21	8:33	
21	Wed	11:33	2.8	11:50	3.6	5:48	0.4	5:47	0.4	5:21	8:33	
22	Thu			12:16	2.9	6:34	0.2	6:31	0.4	5:21	8:34	
23	Fri	12:28	3.7	12:56	3.0	7:18	0.1	7:16	0.3	5:21	8:34	
24	Sat	1:03	3.7	1:34	3.0	8:02	0.0	8:00	0.3	5:22	8:34	
25	Sun	1:40	3.8	2:14	3.1	8:45	-0.1	8:44	0.2	5:22	8:34	
26	Mon	2:19	3.8	2:58	3.1	9:26	-0.2	9:27	0.2	5:22	8:34	
27	Tue	3:03	3.7	3:47	3.2	10:07	-0.2	10:12	0.2	5:23	8:34	
28	Wed	3:54	3.7	4:41	3.3	10:49	-0.1	11:02	0.3	5:23	8:34	
29	Thu	4:50	3.6	5:36	3.4	11:36	-0.1			5:24	8:34	
30	Fri	5:48	3.4	6:31	3.5	12:01	0.4	12:30	0.0	5:24	8:34	