US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:41	3.4	10:16	3.1	3:44	-0.2	4:30	-0.4	6:29	5:46	
2	Sun	10:40	3.5	11:10	3.4	4:41	-0.4	5:23	-0.6	6:27	5:47	
3	Mon	11:31	3.6	11:59	3.5	5:35	-0.5	6:13	-0.7	6:25	5:48	
4	Tue			12:18	3.7	6:27	-0.6	7:00	-0.7	6:24	5:50	
5	Wed	12:45	3.6	1:04	3.6	7:16	-0.6	7:45	-0.7	6:22	5:51	
6	Thu	1:31	3.6	1:49	3.5	8:02	-0.6	8:27	-0.6	6:21	5:52	
7	Fri	2:16	3.5	2:36	3.3	8:46	-0.4	9:07	-0.4	6:19	5:53	
8	Sat	3:02	3.3	3:23	3.1	9:28	-0.2	9:46	-0.1	6:17	5:54	
9	Sun	4:49	3.2	5:13	2.9	11:12	0.0	11:27	0.2	7:16	6:55	
10	Mon	5:37	3.0	6:02	2.7			12:01	0.3	7:14	6:57	
11	Tue	6:24	2.9	6:51	2.5	12:13	0.4	12:58	0.4	7:12	6:58	
12	Wed	7:13	2.8	7:42	2.4	1:09	0.6	2:00	0.6	7:11	6:59	
13	Thu	8:04	2.7	8:39	2.4	2:13	0.7	3:00	0.6	7:09	7:00	
14	Fri	9:03	2.7	9:40	2.4	3:14	0.7	3:55	0.5	7:07	7:01	
15	Sat	10:03	2.8	10:37	2.6	4:08	0.6	4:44	0.3	7:06	7:02	
16	Sun	10:57	2.9	11:24	2.8	4:58	0.4	5:29	0.2	7:04	7:03	
17	Mon	11:41	3.1			5:44	0.2	6:12	0.0	7:02	7:04	
18	Tue	12:04	3.0	12:21	3.2	6:29	0.0	6:54	-0.2	7:01	7:06	
19	Wed	12:40	3.2	12:57	3.4	7:14	-0.1	7:35	-0.3	6:59	7:07	
20	Thu	1:14	3.3	1:34	3.4	7:58	-0.3	8:15	-0.4	6:57	7:08	
21	Fri	1:48	3.5	2:13	3.4	8:41	-0.4	8:54	-0.4	6:55	7:09	
22	Sat	2:25	3.6	2:55	3.3	9:23	-0.4	9:34	-0.4	6:54	7:10	
23	Sun	3:08	3.6	3:44	3.2	10:07	-0.4	10:14	-0.3	6:52	7:11	
24	Mon	3:57	3.6	4:39	3.1	10:55	-0.2	11:00	-0.2	6:50	7:12	
25	Tue	4:54	3.5	5:40	3.0	11:52	-0.1	11:56	0.0	6:49	7:13	
26	Wed	5:56	3.4	6:43	3.0			1:00	0.1	6:47	7:14	
27	Thu	7:00	3.3	7:46	2.9	1:07	0.2	2:10	0.1	6:45	7:16	
28	Fri	8:06	3.2	8:53	3.0	2:22	0.2	3:16	0.0	6:44	7:17	
29	Sat	9:17	3.2	10:00	3.1	3:30	0.1	4:15	-0.1	6:42	7:18	
30	Sun	10:25	3.3	11:01	3.3	4:31	0.0	5:09	-0.2	6:40	7:19	
31	Mon	11:23	3.4	11:52	3.5	5:27	-0.2	6:00	-0.4	6:38	7:20	