US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:15	3.7	12:36	3.3	6:49	-0.1	7:04	-0.1	5:51	7:54	
2	Fri	12:56	3.8	1:19	3.3	7:35	-0.2	7:47	0.0	5:49	7:55	
3	Sat	1:36	3.8	2:00	3.2	8:18	-0.2	8:27	0.1	5:48	7:56	
4	Sun	2:15	3.7	2:43	3.1	9:00	-0.1	9:06	0.2	5:47	7:57	
5	Mon	2:54	3.6	3:27	3.0	9:39	0.0	9:42	0.3	5:46	7:58	
6	Tue	3:34	3.4	4:13	2.9	10:18	0.1	10:17	0.5	5:44	7:59	
7	Wed	4:16	3.3	5:02	2.8	10:56	0.3	10:52	0.7	5:43	8:00	
8	Thu	5:01	3.1	5:51	2.7	11:38	0.4	11:31	0.8	5:42	8:01	
9	Fri	5:47	3.0	6:37	2.7			12:27	0.5	5:41	8:02	
10	Sat	6:33	2.9	7:22	2.7	12:28	1.0	1:24	0.6	5:40	8:03	
11	Sun	7:19	2.9	8:07	2.8	1:43	1.0	2:21	0.6	5:39	8:04	
12	Mon	8:11	2.9	8:57	2.9	2:49	0.9	3:14	0.5	5:38	8:06	
13	Tue	9:10	2.9	9:50	3.1	3:47	0.7	4:04	0.3	5:37	8:07	
14	Wed	10:11	3.0	10:41	3.4	4:40	0.5	4:51	0.2	5:36	8:08	
15	Thu	11:06	3.2	11:27	3.7	5:30	0.2	5:37	0.0	5:35	8:09	
16	Fri	11:55	3.3			6:20	-0.1	6:25	-0.1	5:34	8:10	
17	Sat	12:11	4.0	12:43	3.4	7:11	-0.3	7:14	-0.3	5:33	8:11	
18	Sun	12:56	4.1	1:32	3.5	8:02	-0.4	8:04	-0.3	5:32	8:12	
19	Mon	1:43	4.2	2:25	3.5	8:52	-0.5	8:55	-0.3	5:31	8:12	
20	Tue	2:35	4.2	3:22	3.5	9:42	-0.5	9:45	-0.2	5:30	8:13	
21	Wed	3:33	4.0	4:24	3.4	10:33	-0.5	10:38	-0.1	5:29	8:14	
22	Thu	4:35	3.9	5:27	3.4	11:27	-0.3	11:37	0.1	5:29	8:15	
23	Fri	5:38	3.7	6:27	3.4			12:27	-0.2	5:28	8:16	
24	Sat	6:39	3.5	7:24	3.4	12:43	0.3	1:29	-0.1	5:27	8:17	
25	Sun	7:37	3.3	8:20	3.4	1:51	0.4	2:29	0.0	5:27	8:18	
26	Mon	8:36	3.2	9:18	3.5	2:56	0.4	3:26	0.0	5:26	8:19	
27	Tue	9:36	3.1	10:14	3.5	3:55	0.3	4:17	0.0	5:25	8:20	
28	Wed	10:35	3.1	11:05	3.6	4:49	0.2	5:05	0.1	5:25	8:21	
29	Thu	11:26	3.1	11:50	3.7	5:39	0.1	5:50	0.1	5:24	8:21	
30	Fri			12:12	3.1	6:26	0.1	6:34	0.1	5:24	8:22	
31	Sat	12:31	3.7	12:55	3.1	7:11	0.0	7:17	0.2	5:23	8:23	