US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:10	3.7	1:36	3.1	7:55	0.0	7:58	0.3	5:23	8:24	
2	Mon	1:48	3.7	2:18	3.0	8:37	0.0	8:38	0.3	5:22	8:24	
3	Tue	2:26	3.6	3:01	2.9	9:16	0.0	9:16	0.4	5:22	8:25	
4	Wed	3:04	3.5	3:46	2.9	9:54	0.1	9:52	0.6	5:22	8:26	
5	Thu	3:43	3.3	4:33	2.8	10:30	0.2	10:27	0.7	5:21	8:27	
6	Fri	4:23	3.2	5:18	2.8	11:07	0.3	11:03	0.8	5:21	8:27	
7	Sat	5:05	3.1	6:01	2.8	11:47	0.4	11:47	0.9	5:21	8:28	
8	Sun	5:49	3.0	6:41	2.9			12:33	0.5	5:21	8:28	
9	Mon	6:34	3.0	7:21	3.0	12:52	0.9	1:27	0.5	5:20	8:29	
10	Tue	7:24	3.0	8:06	3.1	2:05	0.9	2:23	0.4	5:20	8:30	
11	Wed	8:20	3.0	8:59	3.3	3:10	0.7	3:18	0.3	5:20	8:30	
12	Thu	9:24	3.0	9:58	3.6	4:08	0.5	4:11	0.2	5:20	8:30	
13	Fri	10:30	3.1	10:54	3.8	5:03	0.2	5:03	0.0	5:20	8:31	
14	Sat	11:28	3.3	11:46	4.1	5:56	0.0	5:55	-0.1	5:20	8:31	
15	Sun			12:22	3.4	6:50	-0.3	6:50	-0.2	5:20	8:32	
16	Mon	12:37	4.2	1:15	3.5	7:43	-0.5	7:44	-0.3	5:20	8:32	
17	Tue	1:29	4.3	2:10	3.6	8:36	-0.6	8:39	-0.3	5:20	8:32	
18	Wed	2:23	4.2	3:09	3.6	9:26	-0.6	9:32	-0.3	5:20	8:33	
19	Thu	3:21	4.1	4:10	3.6	10:17	-0.6	10:25	-0.1	5:21	8:33	
20	Fri	4:22	3.9	5:11	3.6	11:08	-0.4	11:21	0.1	5:21	8:33	
21	Sat	5:22	3.7	6:08	3.6			12:03	-0.3	5:21	8:33	
22	Sun	6:20	3.5	7:03	3.5	12:23	0.3	1:01	-0.1	5:21	8:34	
23	Mon	7:14	3.3	7:55	3.5	1:28	0.4	2:00	0.1	5:22	8:34	
24	Tue	8:09	3.1	8:49	3.5	2:32	0.5	2:55	0.2	5:22	8:34	
25	Wed	9:06	3.0	9:43	3.5	3:31	0.5	3:47	0.2	5:22	8:34	
26	Thu	10:04	2.9	10:35	3.5	4:25	0.4	4:35	0.3	5:23	8:34	
27	Fri	10:59	2.9	11:23	3.6	5:14	0.3	5:20	0.3	5:23	8:34	
28	Sat	11:47	2.9			6:01	0.3	6:05	0.3	5:23	8:34	
29	Sun	12:05	3.6	12:31	3.0	6:46	0.2	6:48	0.4	5:24	8:34	
30	Mon	12:45	3.7	1:13	3.0	7:30	0.1	7:31	0.4	5:24	8:34	