US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**4:52**	3.2	**5:05**	3.5	**11:05**	0.1	**11:56**	-0.2	7:03	4:26	
2	Tue	**5:52**	3.2	**6:06**	3.3			**12:15**	0.2	7:04	4:25	
3	Wed	**6:50**	3.3	**7:05**	3.2	**12:58**	-0.1	**1:23**	0.2	7:05	4:25	
4	Thu	**7:48**	3.3	**8:06**	3.1	**1:58**	-0.1	**2:27**	0.2	7:06	4:25	
5	Fri	**8:47**	3.4	**9:07**	3.0	**2:53**	-0.1	**3:24**	0.1	7:07	4:25	
6	Sat	**9:42**	3.5	**10:03**	3.0	**3:43**	-0.2	**4:16**	0.0	7:08	4:25	
7	Sun	**10:31**	3.6	**10:52**	3.0	**4:31**	-0.2	**5:05**	-0.1	7:09	4:25	
8	Mon	**11:14**	3.6	**11:36**	3.0	**5:16**	-0.1	**5:52**	-0.2	7:10	4:25	
9	Tue	**11:55**	3.6			**6:00**	-0.1	**6:37**	-0.2	7:11	4:25	
10	Wed	**12:18**	3.0	**12:34**	3.6	**6:43**	0.0	**7:20**	-0.2	7:12	4:25	
11	Thu	**12:59**	3.0	**1:13**	3.5	**7:23**	0.0	**8:00**	-0.2	7:13	4:25	
12	Fri	**1:41**	2.9	**1:52**	3.4	**8:02**	0.1	**8:39**	-0.1	7:13	4:25	
13	Sat	**2:25**	2.8	**2:32**	3.2	**8:39**	0.2	**9:16**	0.0	7:14	4:25	
14	Sun	**3:10**	2.7	**3:14**	3.1	**9:14**	0.4	**9:53**	0.1	7:15	4:25	
15	Mon	**3:57**	2.6	**3:57**	2.9	**9:49**	0.5	**10:31**	0.2	7:16	4:26	
16	Tue	**4:43**	2.6	**4:40**	2.8	**10:29**	0.6	**11:15**	0.3	7:16	4:26	
17	Wed	**5:26**	2.6	**5:24**	2.7	**11:25**	0.7			7:17	4:26	
18	Thu	**6:06**	2.6	**6:10**	2.7	**12:07**	0.4	**12:39**	0.7	7:17	4:27	
19	Fri	**6:49**	2.7	**7:01**	2.7	**1:04**	0.3	**1:48**	0.6	7:18	4:27	
20	Sat	**7:39**	2.9	**8:02**	2.7	**1:59**	0.2	**2:47**	0.4	7:19	4:28	
21	Sun	**8:37**	3.1	**9:07**	2.8	**2:52**	0.1	**3:42**	0.2	7:19	4:28	
22	Mon	**9:34**	3.4	**10:06**	2.9	**3:43**	-0.1	**4:34**	-0.1	7:20	4:29	
23	Tue	**10:26**	3.6	**10:58**	3.1	**4:33**	-0.3	**5:26**	-0.3	7:20	4:29	
24	Wed	**11:15**	3.8	**11:48**	3.2	**5:25**	-0.4	**6:18**	-0.6	7:20	4:30	
25	Thu			**12:04**	4.0	**6:18**	-0.6	**7:09**	-0.7	7:21	4:30	
26	Fri	**12:40**	3.3	**12:55**	4.0	**7:11**	-0.7	**7:59**	-0.8	7:21	4:31	
27	Sat	**1:34**	3.3	**1:49**	3.9	**8:03**	-0.7	**8:48**	-0.8	7:21	4:32	
28	Sun	**2:32**	3.3	**2:47**	3.8	**8:55**	-0.6	**9:38**	-0.7	7:22	4:32	
29	Mon	**3:32**	3.3	**3:47**	3.6	**9:48**	-0.4	**10:31**	-0.6	7:22	4:33	
30	Tue	**4:32**	3.3	**4:47**	3.4	**10:47**	-0.2	**11:28**	-0.4	7:22	4:34	
31	Wed	**5:30**	3.2	**5:45**	3.1	**11:52**	0.0			7:22	4:35	