US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:16	3.0	6:42	2.6	12:17	0.2	1:01	0.3	6:29	5:46	
2	Mon	7:09	2.9	7:39	2.5	1:18	0.4	2:02	0.4	6:27	5:47	
3	Tue	8:07	2.8	8:41	2.4	2:17	0.5	2:59	0.3	6:26	5:48	
4	Wed	9:08	2.8	9:40	2.5	3:11	0.4	3:49	0.3	6:24	5:49	
5	Thu	10:02	2.9	10:29	2.7	4:00	0.3	4:35	0.1	6:23	5:50	
6	Fri	10:48	3.1	11:12	2.8	4:47	0.2	5:17	0.0	6:21	5:52	
7	Sat	11:28	3.2	11:50	3.0	5:31	0.1	5:59	-0.1	6:19	5:53	
8	Sun			1:06	3.2	7:13	0.0	7:38	-0.2	7:18	6:54	
9	Mon	1:25	3.1	1:40	3.2	7:54	-0.1	8:15	-0.2	7:16	6:55	
10	Tue	1:58	3.1	2:13	3.2	8:33	-0.1	8:51	-0.2	7:14	6:56	
11	Wed	2:27	3.1	2:45	3.1	9:10	-0.1	9:23	-0.2	7:13	6:57	
12	Thu	2:55	3.2	3:19	3.0	9:46	-0.1	9:55	-0.1	7:11	6:59	
13	Fri	3:27	3.2	3:57	2.9	10:22	0.0	10:26	-0.1	7:09	7:00	
14	Sat	4:06	3.2	4:44	2.8	11:02	0.1	11:03	0.1	7:08	7:01	
15	Sun	4:55	3.2	5:40	2.8	11:53	0.2	11:51	0.2	7:06	7:02	
16	Mon	5:52	3.2	6:40	2.7			1:06	0.3	7:04	7:03	
17	Tue	6:55	3.2	7:45	2.7	1:03	0.3	2:23	0.3	7:03	7:04	
18	Wed	8:03	3.2	8:56	2.8	2:26	0.3	3:31	0.1	7:01	7:05	
19	Thu	9:19	3.2	10:08	3.0	3:39	0.1	4:30	-0.1	6:59	7:06	
20	Fri	10:32	3.4	11:11	3.3	4:42	-0.1	5:25	-0.3	6:58	7:08	
21	Sat	11:33	3.6			5:39	-0.4	6:17	-0.5	6:56	7:09	
22	Sun	12:04	3.6	12:25	3.7	6:34	-0.5	7:08	-0.7	6:54	7:10	
23	Mon	12:54	3.8	1:15	3.8	7:28	-0.7	7:56	-0.8	6:52	7:11	
24	Tue	1:42	3.9	2:03	3.7	8:18	-0.7	8:43	-0.7	6:51	7:12	
25	Wed	2:29	3.9	2:52	3.6	9:06	-0.7	9:27	-0.6	6:49	7:13	
26	Thu	3:18	3.8	3:43	3.4	9:53	-0.5	10:11	-0.3	6:47	7:14	
27	Fri	4:07	3.6	4:35	3.2	10:39	-0.3	10:54	-0.1	6:46	7:15	
28	Sat	4:58	3.4	5:29	3.0	11:28	0.0	11:41	0.3	6:44	7:16	
29	Sun	5:49	3.2	6:22	2.8			12:22	0.2	6:42	7:17	
30	Mon	6:40	3.0	7:14	2.6	12:36	0.5	1:22	0.4	6:41	7:19	
31	Tue	7:32	2.9	8:08	2.6	1:38	0.7	2:24	0.5	6:39	7:20	