US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:36	2.8	10:10	3.2	4:07	0.7	4:13	0.4	5:23	8:24	
2	Tue	10:31	2.9	10:55	3.4	4:56	0.5	4:57	0.3	5:22	8:24	
3	Wed	11:20	3.0	11:35	3.6	5:44	0.3	5:42	0.2	5:22	8:25	
4	Thu			12:05	3.1	6:31	0.1	6:27	0.1	5:22	8:26	
5	Fri	12:15	3.9	12:50	3.2	7:20	-0.1	7:15	0.0	5:21	8:26	
6	Sat	12:56	4.0	1:36	3.3	8:08	-0.3	8:04	-0.1	5:21	8:27	
7	Sun	1:41	4.1	2:26	3.3	8:56	-0.4	8:53	-0.1	5:21	8:28	
8	Mon	2:30	4.0	3:22	3.3	9:43	-0.4	9:43	-0.1	5:21	8:28	
9	Tue	3:26	4.0	4:22	3.3	10:32	-0.3	10:35	0.0	5:20	8:29	
10	Wed	4:27	3.8	5:24	3.4	11:24	-0.3	11:33	0.2	5:20	8:29	
11	Thu	5:30	3.7	6:22	3.4			12:22	-0.2	5:20	8:30	
12	Fri	6:31	3.5	7:19	3.5	12:39	0.3	1:23	-0.1	5:20	8:30	
13	Sat	7:29	3.4	8:15	3.6	1:49	0.3	2:23	0.0	5:20	8:31	
14	Sun	8:28	3.3	9:13	3.6	2:54	0.3	3:20	0.0	5:20	8:31	
15	Mon	9:31	3.2	10:10	3.7	3:55	0.2	4:13	0.0	5:20	8:32	
16	Tue	10:32	3.1	11:04	3.8	4:50	0.1	5:04	0.0	5:20	8:32	
17	Wed	11:27	3.1	11:51	3.8	5:42	0.1	5:52	0.0	5:20	8:32	
18	Thu			12:16	3.2	6:32	0.0	6:39	0.1	5:20	8:33	
19	Fri	12:35	3.9	1:02	3.2	7:20	-0.1	7:25	0.2	5:21	8:33	
20	Sat	1:17	3.8	1:46	3.1	8:05	-0.1	8:09	0.2	5:21	8:33	
21	Sun	1:58	3.8	2:31	3.1	8:48	-0.1	8:51	0.3	5:21	8:33	
22	Mon	2:39	3.6	3:17	3.0	9:28	0.0	9:31	0.4	5:21	8:34	
23	Tue	3:22	3.5	4:05	2.9	10:07	0.1	10:09	0.6	5:22	8:34	
24	Wed	4:06	3.3	4:53	2.9	10:45	0.2	10:48	0.7	5:22	8:34	
25	Thu	4:51	3.2	5:39	2.9	11:23	0.3	11:30	0.9	5:22	8:34	
26	Fri	5:36	3.1	6:22	2.9			12:04	0.4	5:23	8:34	
27	Sat	6:18	3.0	7:02	2.9	12:22	1.0	12:50	0.5	5:23	8:34	
28	Sun	7:00	2.9	7:40	3.0	1:26	1.0	1:41	0.6	5:23	8:34	
29	Mon	7:45	2.8	8:23	3.1	2:30	0.9	2:34	0.5	5:24	8:34	
30	Tue	8:39	2.8	9:12	3.3	3:28	0.8	3:25	0.5	5:24	8:34	