US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:31	3.2	1:47	3.7	7:58	-0.1	8:35	-0.3	7:03	4:26	
2	Wed	2:20	3.0	2:34	3.5	8:40	0.1	9:17	-0.1	7:04	4:25	
3	Thu	3:11	2.9	3:23	3.3	9:21	0.3	10:01	0.1	7:05	4:25	
4	Fri	4:04	2.8	4:14	3.1	10:04	0.5	10:47	0.2	7:06	4:25	
5	Sat	4:56	2.7	5:04	3.0	10:54	0.7	11:38	0.4	7:07	4:25	
6	Sun	5:45	2.7	5:52	2.8	11:54	0.8			7:08	4:25	
7	Mon	6:32	2.7	6:40	2.7	12:32	0.5	12:59	0.8	7:09	4:25	
8	Tue	7:20	2.7	7:30	2.7	1:25	0.5	1:59	0.8	7:10	4:25	
9	Wed	8:10	2.8	8:25	2.6	2:15	0.4	2:52	0.6	7:11	4:25	
10	Thu	9:00	2.9	9:20	2.7	3:01	0.3	3:42	0.5	7:12	4:25	
11	Fri	9:46	3.1	10:09	2.8	3:45	0.2	4:28	0.3	7:12	4:25	
12	Sat	10:27	3.3	10:52	2.9	4:28	0.1	5:14	0.0	7:13	4:25	
13	Sun	11:04	3.5	11:33	3.0	5:11	-0.1	6:01	-0.1	7:14	4:25	
14	Mon	11:41	3.7			5:56	-0.2	6:47	-0.3	7:15	4:25	
15	Tue	12:15	3.0	12:21	3.8	6:42	-0.2	7:33	-0.4	7:15	4:26	
16	Wed	12:59	3.1	1:04	3.8	7:28	-0.3	8:18	-0.5	7:16	4:26	
17	Thu	1:47	3.1	1:53	3.7	8:15	-0.3	9:04	-0.5	7:17	4:26	
18	Fri	2:42	3.1	2:49	3.6	9:04	-0.3	9:53	-0.4	7:17	4:27	
19	Sat	3:43	3.1	3:51	3.5	9:56	-0.1	10:46	-0.3	7:18	4:27	
20	Sun	4:44	3.1	4:53	3.3	10:58	0.0	11:46	-0.2	7:18	4:27	
21	Mon	5:43	3.2	5:54	3.2			12:08	0.1	7:19	4:28	
22	Tue	6:40	3.2	6:54	3.1	12:49	-0.2	1:18	0.1	7:19	4:28	
23	Wed	7:39	3.3	7:57	3.0	1:49	-0.2	2:23	0.0	7:20	4:29	
24	Thu	8:40	3.4	9:02	2.9	2:46	-0.3	3:23	-0.1	7:20	4:30	
25	Fri	9:39	3.5	10:02	2.9	3:40	-0.3	4:17	-0.2	7:21	4:30	
26	Sat	10:31	3.6	10:54	3.0	4:30	-0.3	5:09	-0.3	7:21	4:31	
27	Sun	11:18	3.6	11:41	3.0	5:19	-0.3	5:58	-0.4	7:21	4:32	
28	Mon			12:01	3.6	6:06	-0.3	6:45	-0.4	7:22	4:32	
29	Tue	12:26	3.0	12:43	3.6	6:52	-0.2	7:30	-0.4	7:22	4:33	
30	Wed	1:11	2.9	1:25	3.5	7:35	-0.2	8:12	-0.4	7:22	4:34	
31	Thu	1:55	2.9	2:08	3.3	8:16	0.0	8:51	-0.3	7:22	4:35	