US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**2:14**	3.0	**2:30**	3.0	**8:44**	0.0	**8:58**	-0.1	6:29	5:45	
2	Tue	**2:45**	2.9	**3:04**	2.8	**9:17**	0.1	**9:25**	0.0	6:28	5:47	
3	Wed	**3:15**	2.9	**3:40**	2.7	**9:50**	0.2	**9:52**	0.1	6:26	5:48	
4	Thu	**3:47**	2.9	**4:21**	2.6	**10:25**	0.4	**10:25**	0.3	6:25	5:49	
5	Fri	**4:28**	2.9	**5:08**	2.5	**11:17**	0.5	**11:11**	0.4	6:23	5:50	
6	Sat	**5:17**	2.9	**6:02**	2.5			**12:38**	0.5	6:21	5:51	
7	Sun	**6:13**	2.9	**7:05**	2.5	**12:21**	0.4	**1:54**	0.4	6:20	5:53	
8	Mon	**7:20**	3.0	**8:18**	2.6	**1:46**	0.4	**2:57**	0.2	6:18	5:54	
9	Tue	**8:37**	3.1	**9:28**	2.8	**2:57**	0.2	**3:54**	0.0	6:16	5:55	
10	Wed	**9:47**	3.4	**10:27**	3.1	**3:57**	-0.1	**4:46**	-0.3	6:15	5:56	
11	Thu	**10:45**	3.6	**11:18**	3.4	**4:54**	-0.4	**5:37**	-0.5	6:13	5:57	
12	Fri	**11:37**	3.8			**5:49**	-0.6	**6:27**	-0.7	6:11	5:58	
13	Sat	**12:07**	3.7	**12:27**	3.9	**6:43**	-0.8	**7:16**	-0.9	6:10	5:59	
14	Sun	**12:57**	3.8	**2:17**	3.8	**8:35**	-0.9	**9:03**	-0.9	7:08	7:01	
15	Mon	**2:47**	3.9	**3:10**	3.7	**9:25**	-0.8	**9:49**	-0.8	7:06	7:02	
16	Tue	**3:40**	3.8	**4:05**	3.5	**10:15**	-0.7	**10:36**	-0.6	7:05	7:03	
17	Wed	**4:35**	3.7	**5:02**	3.3	**11:06**	-0.4	**11:26**	-0.3	7:03	7:04	
18	Thu	**5:31**	3.5	**6:00**	3.0			**12:03**	-0.2	7:01	7:05	
19	Fri	**6:27**	3.3	**6:58**	2.8	**12:22**	0.0	**1:07**	0.1	7:00	7:06	
20	Sat	**7:22**	3.1	**7:55**	2.7	**1:26**	0.3	**2:13**	0.2	6:58	7:07	
21	Sun	**8:20**	3.0	**8:56**	2.6	**2:31**	0.4	**3:15**	0.3	6:56	7:08	
22	Mon	**9:22**	2.9	**9:59**	2.6	**3:32**	0.5	**4:11**	0.3	6:55	7:09	
23	Tue	**10:23**	2.9	**10:55**	2.8	**4:27**	0.4	**5:00**	0.2	6:53	7:11	
24	Wed	**11:15**	3.0	**11:42**	2.9	**5:17**	0.3	**5:45**	0.1	6:51	7:12	
25	Thu	**11:59**	3.1			**6:02**	0.2	**6:27**	0.0	6:49	7:13	
26	Fri	**12:22**	3.1	**12:39**	3.2	**6:46**	0.1	**7:07**	0.0	6:48	7:14	
27	Sat	**12:59**	3.2	**1:17**	3.2	**7:28**	0.0	**7:45**	-0.1	6:46	7:15	
28	Sun	**1:34**	3.3	**1:52**	3.2	**8:08**	0.0	**8:21**	-0.1	6:44	7:16	
29	Mon	**2:06**	3.3	**2:27**	3.1	**8:46**	-0.1	**8:55**	-0.1	6:43	7:17	
30	Tue	**2:35**	3.3	**3:00**	3.0	**9:22**	0.0	**9:26**	0.0	6:41	7:18	
31	Wed	**3:02**	3.2	**3:34**	2.9	**9:57**	0.1	**9:55**	0.1	6:39	7:19	