US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:40	3.4	4:42	2.8	10:57	0.2	10:43	0.4	5:51	7:53	
2	Sun	4:30	3.4	5:39	2.8	11:47	0.3	11:34	0.5	5:50	7:54	
3	Mon	5:31	3.3	6:37	2.9			12:51	0.3	5:49	7:55	
4	Tue	6:35	3.3	7:36	3.0	12:47	0.6	1:59	0.3	5:48	7:57	
5	Wed	7:40	3.3	8:38	3.2	2:10	0.5	3:02	0.2	5:46	7:58	
6	Thu	8:50	3.3	9:43	3.4	3:21	0.3	4:00	0.0	5:45	7:59	
7	Fri	10:01	3.4	10:43	3.7	4:24	0.1	4:53	-0.2	5:44	8:00	
8	Sat	11:04	3.5	11:37	3.9	5:21	-0.1	5:44	-0.3	5:43	8:01	
9	Sun	11:59	3.6			6:16	-0.3	6:35	-0.4	5:42	8:02	
10	Mon	12:26	4.1	12:50	3.6	7:09	-0.5	7:25	-0.5	5:40	8:03	
11	Tue	1:14	4.2	1:40	3.6	8:01	-0.6	8:14	-0.4	5:39	8:04	
12	Wed	2:02	4.2	2:32	3.5	8:51	-0.5	9:02	-0.2	5:38	8:05	
13	Thu	2:51	4.0	3:26	3.3	9:39	-0.4	9:48	0.0	5:37	8:06	
14	Fri	3:42	3.8	4:22	3.2	10:26	-0.3	10:35	0.2	5:36	8:07	
15	Sat	4:36	3.6	5:19	3.0	11:15	0.0	11:24	0.5	5:35	8:08	
16	Sun	5:30	3.4	6:14	2.9			12:07	0.2	5:34	8:09	
17	Mon	6:23	3.2	7:05	2.9	12:21	0.7	1:04	0.4	5:33	8:10	
18	Tue	7:14	3.0	7:55	2.9	1:24	0.9	2:01	0.5	5:32	8:11	
19	Wed	8:05	2.9	8:47	2.9	2:26	0.9	2:54	0.5	5:32	8:12	
20	Thu	8:59	2.9	9:39	3.0	3:23	0.8	3:42	0.5	5:31	8:13	
21	Fri	9:55	2.8	10:29	3.1	4:15	0.7	4:26	0.4	5:30	8:14	
22	Sat	10:47	2.9	11:13	3.3	5:02	0.6	5:08	0.3	5:29	8:15	
23	Sun	11:33	3.0	11:52	3.4	5:47	0.4	5:49	0.3	5:28	8:16	
24	Mon			12:14	3.0	6:31	0.3	6:29	0.2	5:28	8:17	
25	Tue	12:26	3.6	12:53	3.1	7:15	0.1	7:10	0.2	5:27	8:18	
26	Wed	12:57	3.6	1:31	3.1	7:58	0.0	7:50	0.2	5:26	8:18	
27	Thu	1:28	3.7	2:09	3.0	8:40	0.0	8:31	0.2	5:26	8:19	
28	Fri	2:02	3.7	2:51	3.0	9:21	-0.1	9:11	0.2	5:25	8:20	
29	Sat	2:40	3.7	3:39	3.0	10:02	0.0	9:52	0.3	5:24	8:21	
30	Sun	3:27	3.6	4:33	3.0	10:46	0.0	10:37	0.3	5:24	8:22	
31	Mon	4:23	3.6	5:32	3.0	11:36	0.1	11:32	0.4	5:23	8:23	