US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:25	3.5	6:28	3.1			12:33	0.1	5:23	8:23	
2	Wed	6:28	3.4	7:24	3.3	12:42	0.5	1:36	0.1	5:23	8:24	
3	Thu	7:28	3.3	8:21	3.4	1:57	0.5	2:37	0.1	5:22	8:25	
4	Fri	8:32	3.3	9:22	3.6	3:06	0.3	3:34	0.0	5:22	8:26	
5	Sat	9:39	3.3	10:22	3.8	4:07	0.2	4:28	-0.1	5:21	8:26	
6	Sun	10:43	3.3	11:17	4.0	5:05	0.0	5:20	-0.2	5:21	8:27	
7	Mon	11:41	3.4			5:59	-0.2	6:11	-0.2	5:21	8:28	
8	Tue	12:07	4.1	12:33	3.4	6:52	-0.3	7:02	-0.2	5:21	8:28	
9	Wed	12:55	4.1	1:23	3.4	7:43	-0.4	7:52	-0.1	5:21	8:29	
10	Thu	1:41	4.1	2:14	3.3	8:33	-0.4	8:40	0.0	5:20	8:29	
11	Fri	2:28	3.9	3:05	3.2	9:19	-0.3	9:26	0.2	5:20	8:30	
12	Sat	3:17	3.8	3:59	3.1	10:04	-0.2	10:10	0.4	5:20	8:30	
13	Sun	4:08	3.6	4:53	3.0	10:48	0.0	10:56	0.6	5:20	8:31	
14	Mon	4:59	3.4	5:44	3.0	11:34	0.2	11:45	0.7	5:20	8:31	
15	Tue	5:50	3.2	6:33	3.0			12:22	0.4	5:20	8:32	
16	Wed	6:38	3.1	7:19	3.0	12:42	0.9	1:13	0.5	5:20	8:32	
17	Thu	7:25	2.9	8:04	3.0	1:43	1.0	2:05	0.5	5:20	8:32	
18	Fri	8:13	2.8	8:52	3.0	2:43	0.9	2:54	0.6	5:20	8:33	
19	Sat	9:05	2.8	9:41	3.1	3:37	0.8	3:40	0.5	5:21	8:33	
20	Sun	10:01	2.8	10:29	3.3	4:27	0.7	4:25	0.5	5:21	8:33	
21	Mon	10:53	2.8	11:12	3.4	5:14	0.5	5:08	0.4	5:21	8:33	
22	Tue	11:40	2.9	11:50	3.6	6:00	0.4	5:51	0.3	5:21	8:34	
23	Wed			12:22	3.0	6:46	0.2	6:36	0.3	5:21	8:34	
24	Thu	12:26	3.7	1:04	3.1	7:32	0.0	7:22	0.2	5:22	8:34	
25	Fri	1:03	3.8	1:46	3.1	8:17	-0.1	8:08	0.1	5:22	8:34	
26	Sat	1:43	3.9	2:32	3.2	9:02	-0.2	8:55	0.1	5:22	8:34	
27	Sun	2:29	3.9	3:23	3.2	9:46	-0.2	9:42	0.1	5:23	8:34	
28	Mon	3:20	3.8	4:19	3.2	10:30	-0.2	10:31	0.2	5:23	8:34	
29	Tue	4:18	3.7	5:17	3.3	11:19	-0.1	11:27	0.3	5:24	8:34	
30	Wed	5:19	3.6	6:14	3.4			12:12	-0.1	5:24	8:34	