US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:40	3.3	11:00	2.9	4:35	0.2	5:16	0.2	7:03	4:26	
2	Thu	11:17	3.4	11:39	3.0	5:15	0.1	5:59	0.1	7:04	4:25	
3	Fri	11:49	3.5			5:55	0.1	6:41	0.0	7:05	4:25	
4	Sat	12:16	2.9	12:20	3.5	6:34	0.1	7:23	-0.1	7:06	4:25	
5	Sun	12:53	2.9	12:50	3.5	7:14	0.1	8:03	-0.1	7:07	4:25	
6	Mon	1:30	2.9	1:22	3.5	7:52	0.1	8:43	-0.1	7:08	4:25	
7	Tue	2:11	2.8	2:02	3.5	8:30	0.1	9:23	0.0	7:09	4:25	
8	Wed	2:59	2.8	2:50	3.4	9:10	0.2	10:07	0.0	7:10	4:25	
9	Thu	3:55	2.8	3:47	3.3	9:56	0.3	10:59	0.1	7:10	4:25	
10	Fri	4:53	2.8	4:50	3.2	10:57	0.3			7:11	4:25	
11	Sat	5:50	2.9	5:52	3.2	12:00	0.1	12:14	0.4	7:12	4:25	
12	Sun	6:47	3.1	6:54	3.1	1:03	0.0	1:29	0.3	7:13	4:25	
13	Mon	7:47	3.3	8:01	3.1	2:03	-0.1	2:35	0.1	7:14	4:25	
14	Tue	8:49	3.5	9:09	3.1	2:59	-0.2	3:35	-0.1	7:14	4:25	
15	Wed	9:48	3.7	10:10	3.2	3:53	-0.4	4:31	-0.3	7:15	4:26	
16	Thu	10:42	3.9	11:05	3.3	4:44	-0.5	5:25	-0.5	7:16	4:26	
17	Fri	11:31	4.0	11:56	3.3	5:36	-0.5	6:18	-0.6	7:17	4:26	
18	Sat			12:19	4.0	6:27	-0.5	7:08	-0.6	7:17	4:27	
19	Sun	12:47	3.2	1:07	3.9	7:17	-0.5	7:57	-0.6	7:18	4:27	
20	Mon	1:38	3.2	1:56	3.7	8:04	-0.3	8:43	-0.5	7:18	4:27	
21	Tue	2:31	3.0	2:46	3.5	8:50	-0.1	9:28	-0.4	7:19	4:28	
22	Wed	3:25	2.9	3:39	3.3	9:36	0.1	10:14	-0.2	7:19	4:28	
23	Thu	4:19	2.8	4:31	3.1	10:24	0.3	11:02	0.0	7:20	4:29	
24	Fri	5:10	2.7	5:21	2.9	11:19	0.5	11:54	0.2	7:20	4:29	
25	Sat	5:59	2.7	6:09	2.7			12:21	0.6	7:21	4:30	
26	Sun	6:46	2.7	6:58	2.6	12:48	0.3	1:23	0.7	7:21	4:31	
27	Mon	7:35	2.7	7:51	2.5	1:39	0.3	2:20	0.6	7:21	4:31	
28	Tue	8:27	2.8	8:48	2.5	2:28	0.3	3:13	0.5	7:21	4:32	
29	Wed	9:19	2.9	9:42	2.5	3:14	0.3	4:01	0.3	7:22	4:33	
30	Thu	10:05	3.0	10:30	2.6	3:58	0.2	4:47	0.2	7:22	4:34	
31	Fri	10:45	3.2	11:13	2.7	4:41	0.1	5:32	0.0	7:22	4:34	