US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:56	3.6			6:11	-0.4	6:52	-0.6	6:28	5:46	
2	Thu	12:27	3.4	12:41	3.7	7:01	-0.6	7:36	-0.7	6:27	5:48	
3	Fri	1:12	3.5	1:28	3.7	7:50	-0.7	8:20	-0.8	6:25	5:49	
4	Sat	2:00	3.6	2:19	3.6	8:38	-0.7	9:04	-0.7	6:23	5:50	
5	Sun	2:52	3.6	3:14	3.4	9:28	-0.6	9:50	-0.5	6:22	5:51	
6	Mon	3:48	3.6	4:13	3.2	10:22	-0.4	10:41	-0.3	6:20	5:52	
7	Tue	4:46	3.5	5:13	3.0	11:23	-0.2	11:42	-0.1	6:19	5:53	
8	Wed	5:45	3.4	6:14	2.8			12:32	0.0	6:17	5:55	
9	Thu	6:44	3.2	7:17	2.7	12:51	0.1	1:41	0.1	6:15	5:56	
10	Fri	7:49	3.1	8:26	2.7	1:58	0.2	2:45	0.1	6:14	5:57	
11	Sat	8:56	3.1	9:32	2.8	3:01	0.2	3:42	0.0	6:12	5:58	
12	Sun	10:57	3.2	11:28	2.9	4:57	0.1	5:33	-0.1	7:10	6:59	
13	Mon	11:48	3.3			5:49	0.0	6:21	-0.2	7:09	7:00	
14	Tue	12:14	3.0	12:32	3.3	6:37	-0.1	7:05	-0.2	7:07	7:01	
15	Wed	12:55	3.2	1:13	3.4	7:22	-0.1	7:46	-0.3	7:05	7:03	
16	Thu	1:34	3.2	1:52	3.3	8:05	-0.2	8:24	-0.2	7:03	7:04	
17	Fri	2:11	3.2	2:30	3.2	8:45	-0.1	8:59	-0.2	7:02	7:05	
18	Sat	2:47	3.2	3:08	3.1	9:22	-0.1	9:32	-0.1	7:00	7:06	
19	Sun	3:22	3.2	3:47	2.9	9:58	0.0	10:02	0.1	6:58	7:07	
20	Mon	3:55	3.1	4:27	2.8	10:33	0.2	10:30	0.2	6:57	7:08	
21	Tue	4:28	3.0	5:09	2.6	11:08	0.3	10:57	0.4	6:55	7:09	
22	Wed	5:02	2.9	5:53	2.5	11:49	0.5	11:31	0.5	6:53	7:10	
23	Thu	5:42	2.8	6:40	2.4			12:49	0.6	6:52	7:11	
24	Fri	6:30	2.8	7:32	2.4	12:21	0.7	2:04	0.6	6:50	7:13	
25	Sat	7:26	2.8	8:32	2.4	1:42	0.7	3:10	0.5	6:48	7:14	
26	Sun	8:33	2.9	9:39	2.6	3:04	0.6	4:07	0.4	6:46	7:15	
27	Mon	9:48	3.1	10:40	2.9	4:08	0.4	4:59	0.1	6:45	7:16	
28	Tue	10:52	3.3	11:31	3.2	5:05	0.1	5:47	-0.1	6:43	7:17	
29	Wed	11:46	3.5			5:58	-0.2	6:35	-0.4	6:41	7:18	
30	Thu	12:17	3.5	12:34	3.7	6:51	-0.4	7:22	-0.5	6:40	7:19	
31	Fri	1:02	3.8	1:22	3.8	7:43	-0.6	8:09	-0.7	6:38	7:20	