US HARBORS www.USHarbors.com

Poughkeepsie, NY - Apr 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:49	4.0	2:11	3.7	8:34	-0.7	8:55	-0.7	6:36	7:21	
2	Sun	2:38	4.0	3:03	3.6	9:24	-0.7	9:41	-0.6	6:35	7:22	
3	Mon	3:30	4.0	4:00	3.4	10:14	-0.6	10:29	-0.4	6:33	7:24	
4	Tue	4:26	3.8	5:00	3.2	11:07	-0.4	11:21	-0.1	6:31	7:25	
5	Wed	5:26	3.6	6:02	3.1			12:06	-0.1	6:30	7:26	
6	Thu	6:26	3.4	7:03	2.9	12:21	0.1	1:12	0.1	6:28	7:27	
7	Fri	7:25	3.3	8:04	2.8	1:30	0.4	2:19	0.2	6:26	7:28	
8	Sat	8:26	3.1	9:07	2.8	2:39	0.5	3:21	0.2	6:25	7:29	
9	Sun	9:31	3.1	10:10	2.9	3:42	0.4	4:17	0.2	6:23	7:30	
10	Mon	10:31	3.1	11:04	3.0	4:38	0.4	5:06	0.1	6:21	7:31	
11	Tue	11:23	3.2	11:49	3.2	5:28	0.3	5:51	0.0	6:20	7:32	
12	Wed			12:07	3.2	6:14	0.1	6:32	0.0	6:18	7:33	
13	Thu	12:29	3.3	12:47	3.2	6:58	0.1	7:12	0.0	6:17	7:34	
14	Fri	1:05	3.4	1:25	3.2	7:40	0.0	7:50	0.0	6:15	7:36	
15	Sat	1:39	3.5	2:02	3.2	8:21	0.0	8:25	0.0	6:13	7:37	
16	Sun	2:12	3.4	2:39	3.1	8:59	0.0	8:59	0.1	6:12	7:38	
17	Mon	2:43	3.4	3:17	2.9	9:35	0.1	9:30	0.2	6:10	7:39	
18	Tue	3:11	3.3	3:57	2.8	10:10	0.2	9:59	0.4	6:09	7:40	
19	Wed	3:39	3.2	4:39	2.7	10:45	0.3	10:28	0.5	6:07	7:41	
20	Thu	4:14	3.1	5:25	2.6	11:23	0.4	11:02	0.6	6:06	7:42	
21	Fri	4:58	3.1	6:14	2.6			12:14	0.5	6:04	7:43	
22	Sat	5:53	3.0	7:05	2.6			1:23	0.6	6:03	7:44	
23	Sun	6:52	3.0	8:01	2.7	1:04	0.8	2:31	0.5	6:01	7:45	
24	Mon	7:57	3.1	9:02	2.9	2:32	0.7	3:30	0.3	6:00	7:47	
25	Tue	9:08	3.2	10:05	3.2	3:42	0.5	4:24	0.1	5:59	7:48	
26	Wed	10:19	3.3	11:01	3.5	4:41	0.2	5:14	-0.1	5:57	7:49	
27	Thu	11:18	3.5	11:51	3.9	5:37	-0.1	6:03	-0.3	5:56	7:50	
28	Fri			12:11	3.6	6:31	-0.4	6:52	-0.5	5:54	7:51	
29	Sat	12:39	4.1	1:02	3.7	7:25	-0.6	7:42	-0.5	5:53	7:52	
30	Sun	1:27	4.2	1:53	3.7	8:18	-0.7	8:31	-0.5	5:52	7:53	