US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:16	4.2	2:47	3.6	9:09	-0.7	9:20	-0.4	5:50	7:54	
2	Tue	3:09	4.1	3:46	3.4	9:59	-0.6	10:09	-0.2	5:49	7:55	
3	Wed	4:06	3.9	4:47	3.3	10:51	-0.4	11:02	0.1	5:48	7:56	
4	Thu	5:06	3.7	5:49	3.1	11:47	-0.1			5:47	7:57	
5	Fri	6:06	3.5	6:48	3.0	12:01	0.3	12:48	0.1	5:45	7:58	
6	Sat	7:03	3.3	7:45	3.0	1:07	0.5	1:51	0.2	5:44	8:00	
7	Sun	8:00	3.1	8:41	3.0	2:15	0.6	2:51	0.3	5:43	8:01	
8	Mon	8:58	3.0	9:38	3.0	3:17	0.6	3:44	0.3	5:42	8:02	
9	Tue	9:56	3.0	10:31	3.1	4:12	0.6	4:32	0.3	5:41	8:03	
10	Wed	10:49	3.0	11:17	3.3	5:02	0.4	5:15	0.2	5:40	8:04	
11	Thu	11:36	3.1	11:57	3.4	5:48	0.3	5:55	0.2	5:39	8:05	
12	Fri			12:17	3.1	6:31	0.2	6:35	0.2	5:37	8:06	
13	Sat	12:34	3.5	12:57	3.1	7:14	0.1	7:13	0.2	5:36	8:07	
14	Sun	1:08	3.6	1:35	3.1	7:56	0.1	7:51	0.2	5:35	8:08	
15	Mon	1:40	3.6	2:13	3.0	8:36	0.1	8:28	0.3	5:34	8:09	
16	Tue	2:09	3.5	2:52	2.9	9:14	0.1	9:03	0.4	5:34	8:10	
17	Wed	2:37	3.5	3:32	2.8	9:51	0.1	9:36	0.5	5:33	8:11	
18	Thu	3:07	3.4	4:16	2.7	10:28	0.2	10:09	0.5	5:32	8:12	
19	Fri	3:45	3.3	5:04	2.7	11:07	0.3	10:46	0.6	5:31	8:13	
20	Sat	4:34	3.3	5:54	2.7	11:53	0.4	11:35	0.7	5:30	8:14	
21	Sun	5:31	3.2	6:44	2.8			12:52	0.4	5:29	8:15	
22	Mon	6:31	3.2	7:36	3.0	12:46	0.7	1:55	0.4	5:29	8:16	
23	Tue	7:32	3.2	8:32	3.2	2:08	0.7	2:55	0.3	5:28	8:16	
24	Wed	8:38	3.2	9:33	3.5	3:19	0.5	3:50	0.1	5:27	8:17	
25	Thu	9:48	3.3	10:33	3.8	4:20	0.2	4:42	-0.1	5:26	8:18	
26	Fri	10:53	3.4	11:27	4.0	5:18	-0.1	5:34	-0.2	5:26	8:19	
27	Sat	11:50	3.5			6:13	-0.3	6:25	-0.3	5:25	8:20	
28	Sun	12:17	4.2	12:43	3.5	7:08	-0.5	7:18	-0.4	5:25	8:21	
29	Mon	1:07	4.3	1:37	3.5	8:01	-0.6	8:10	-0.3	5:24	8:22	
30	Tue	1:58	4.3	2:32	3.5	8:53	-0.6	9:01	-0.2	5:24	8:22	
31	Wed	2:51	4.1	3:31	3.4	9:43	-0.5	9:51	-0.1	5:23	8:23	