US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:47	3.9	4:31	3.3	10:33	-0.3	10:43	0.2	5:23	8:24	
2	Fri	4:45	3.7	5:31	3.2	11:25	-0.1	11:38	0.4	5:22	8:25	
3	Sat	5:43	3.5	6:26	3.1			12:20	0.1	5:22	8:25	
4	Sun	6:37	3.3	7:18	3.1	12:39	0.6	1:17	0.2	5:22	8:26	
5	Mon	7:28	3.1	8:09	3.1	1:44	0.7	2:13	0.3	5:21	8:27	
6	Tue	8:20	3.0	9:00	3.1	2:45	0.8	3:05	0.4	5:21	8:27	
7	Wed	9:14	2.9	9:51	3.2	3:41	0.7	3:52	0.4	5:21	8:28	
8	Thu	10:09	2.9	10:40	3.3	4:31	0.6	4:35	0.4	5:21	8:29	
9	Fri	11:00	2.9	11:23	3.4	5:18	0.5	5:16	0.4	5:20	8:29	
10	Sat	11:46	2.9			6:02	0.4	5:57	0.4	5:20	8:30	
11	Sun	12:02	3.5	12:28	2.9	6:46	0.3	6:38	0.3	5:20	8:30	
12	Mon	12:37	3.6	1:08	3.0	7:29	0.2	7:19	0.3	5:20	8:31	
13	Tue	1:10	3.6	1:48	2.9	8:12	0.1	8:00	0.4	5:20	8:31	
14	Wed	1:41	3.6	2:28	2.9	8:52	0.1	8:39	0.4	5:20	8:31	
15	Thu	2:12	3.6	3:09	2.9	9:31	0.1	9:18	0.4	5:20	8:32	
16	Fri	2:47	3.5	3:54	2.9	10:10	0.1	9:56	0.5	5:20	8:32	
17	Sat	3:29	3.5	4:42	2.9	10:49	0.1	10:37	0.5	5:20	8:33	
18	Sun	4:20	3.4	5:33	3.0	11:33	0.2	11:28	0.6	5:20	8:33	
19	Mon	5:17	3.4	6:23	3.1			12:24	0.2	5:21	8:33	
20	Tue	6:16	3.3	7:14	3.3	12:34	0.6	1:23	0.2	5:21	8:33	
21	Wed	7:14	3.3	8:08	3.5	1:49	0.6	2:22	0.2	5:21	8:34	
22	Thu	8:16	3.2	9:07	3.6	2:59	0.4	3:20	0.1	5:21	8:34	
23	Fri	9:24	3.2	10:09	3.8	4:02	0.2	4:16	0.0	5:22	8:34	
24	Sat	10:32	3.2	11:07	4.0	5:00	0.0	5:10	-0.1	5:22	8:34	
25	Sun	11:33	3.3			5:56	-0.2	6:04	-0.2	5:22	8:34	
26	Mon	12:00	4.2	12:29	3.4	6:51	-0.3	6:58	-0.2	5:23	8:34	
27	Tue	12:51	4.2	1:23	3.4	7:45	-0.4	7:52	-0.2	5:23	8:34	
28	Wed	1:42	4.2	2:17	3.4	8:36	-0.4	8:43	-0.1	5:24	8:34	
29	Thu	2:33	4.1	3:12	3.3	9:24	-0.4	9:33	0.1	5:24	8:34	
30	Fri	3:26	3.9	4:09	3.3	10:11	-0.3	10:22	0.2	5:25	8:34	