US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:09	3.3	9:44	2.8	3:13	0.0	3:59	-0.2	6:29	5:46	
2	Fri	10:12	3.4	10:43	3.0	4:12	-0.1	4:53	-0.3	6:27	5:47	
3	Sat	11:06	3.5	11:33	3.2	5:07	-0.3	5:44	-0.5	6:25	5:48	
4	Sun	11:53	3.6			5:59	-0.4	6:32	-0.6	6:24	5:50	
5	Mon	12:19	3.3	12:38	3.6	6:48	-0.4	7:16	-0.6	6:22	5:51	
6	Tue	1:03	3.3	1:22	3.5	7:34	-0.4	7:57	-0.5	6:21	5:52	
7	Wed	1:45	3.3	2:05	3.4	8:17	-0.3	8:36	-0.4	6:19	5:53	
8	Thu	2:27	3.3	2:49	3.2	8:58	-0.2	9:12	-0.2	6:17	5:54	
9	Fri	3:10	3.1	3:34	2.9	9:39	0.0	9:46	0.0	6:16	5:55	
10	Sat	3:52	3.0	4:21	2.7	10:21	0.2	10:20	0.3	6:14	5:57	
11	Sun	5:35	2.9	6:09	2.6			12:09	0.4	7:12	6:58	
12	Mon	6:19	2.8	6:57	2.4			1:08	0.6	7:11	6:59	
13	Tue	7:04	2.7	7:49	2.3	12:50	0.7	2:14	0.7	7:09	7:00	
14	Wed	7:54	2.6	8:48	2.3	2:01	0.7	3:15	0.6	7:07	7:01	
15	Thu	8:56	2.7	9:51	2.4	3:08	0.7	4:10	0.5	7:06	7:02	
16	Fri	10:02	2.8	10:48	2.5	4:06	0.6	4:59	0.3	7:04	7:03	
17	Sat	10:58	2.9	11:34	2.8	4:58	0.4	5:44	0.1	7:02	7:04	
18	Sun	11:43	3.2			5:46	0.2	6:27	-0.1	7:00	7:06	
19	Mon	12:14	3.0	12:23	3.3	6:33	0.0	7:10	-0.2	6:59	7:07	
20	Tue	12:51	3.2	1:01	3.5	7:20	-0.2	7:51	-0.4	6:57	7:08	
21	Wed	1:28	3.4	1:41	3.5	8:06	-0.4	8:32	-0.5	6:55	7:09	
22	Thu	2:07	3.6	2:23	3.5	8:51	-0.5	9:12	-0.5	6:54	7:10	
23	Fri	2:49	3.7	3:10	3.4	9:37	-0.5	9:52	-0.4	6:52	7:11	
24	Sat	3:37	3.7	4:02	3.2	10:24	-0.4	10:35	-0.3	6:50	7:12	
25	Sun	4:31	3.6	5:02	3.1	11:16	-0.2	11:25	-0.1	6:49	7:13	
26	Mon	5:30	3.5	6:05	2.9			12:18	0.0	6:47	7:14	
27	Tue	6:32	3.4	7:08	2.8	12:28	0.1	1:28	0.1	6:45	7:16	
28	Wed	7:35	3.3	8:15	2.8	1:43	0.3	2:39	0.1	6:43	7:17	
29	Thu	8:43	3.2	9:25	2.8	2:56	0.3	3:43	0.1	6:42	7:18	
30	Fri	9:53	3.2	10:32	3.0	4:01	0.2	4:40	0.0	6:40	7:19	
31	Sat	10:56	3.3	11:28	3.2	4:59	0.1	5:32	-0.2	6:38	7:20	