US HARBORS www.USHarbors.com

Poughkeepsie, NY - Apr 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:48	3.4			5:52	0.0	6:19	-0.3	6:37	7:21	
2	Mon	12:15	3.4	12:34	3.5	6:42	-0.1	7:04	-0.3	6:35	7:22	
3	Tue	12:57	3.5	1:16	3.5	7:29	-0.2	7:47	-0.3	6:33	7:23	
4	Wed	1:36	3.5	1:57	3.4	8:13	-0.2	8:26	-0.2	6:32	7:24	
5	Thu	2:14	3.5	2:37	3.3	8:55	-0.2	9:03	-0.1	6:30	7:25	
6	Fri	2:51	3.4	3:19	3.1	9:34	-0.1	9:37	0.1	6:28	7:27	
7	Sat	3:28	3.3	4:03	2.9	10:12	0.0	10:08	0.2	6:27	7:28	
8	Sun	4:05	3.2	4:49	2.7	10:50	0.2	10:38	0.4	6:25	7:29	
9	Mon	4:44	3.1	5:38	2.6	11:31	0.4	11:10	0.6	6:23	7:30	
10	Tue	5:26	2.9	6:27	2.5			12:22	0.6	6:22	7:31	
11	Wed	6:12	2.8	7:16	2.4			1:26	0.7	6:20	7:32	
12	Thu	7:01	2.8	8:09	2.5	12:59	0.9	2:31	0.7	6:19	7:33	
13	Fri	7:57	2.8	9:07	2.5	2:23	0.9	3:28	0.6	6:17	7:34	
14	Sat	9:02	2.8	10:04	2.7	3:30	0.8	4:18	0.4	6:15	7:35	
15	Sun	10:08	3.0	10:54	3.0	4:25	0.6	5:04	0.2	6:14	7:36	
16	Mon	11:03	3.2	11:37	3.3	5:17	0.3	5:48	0.0	6:12	7:38	
17	Tue	11:49	3.4			6:06	0.0	6:32	-0.2	6:11	7:39	
18	Wed	12:17	3.6	12:33	3.5	6:56	-0.2	7:16	-0.3	6:09	7:40	
19	Thu	12:58	3.8	1:18	3.5	7:45	-0.4	8:01	-0.4	6:08	7:41	
20	Fri	1:40	4.0	2:05	3.5	8:34	-0.5	8:46	-0.4	6:06	7:42	
21	Sat	2:27	4.1	2:56	3.4	9:23	-0.6	9:32	-0.3	6:05	7:43	
22	Sun	3:18	4.0	3:53	3.3	10:13	-0.5	10:19	-0.2	6:03	7:44	
23	Mon	4:15	3.9	4:57	3.1	11:06	-0.3	11:13	0.0	6:02	7:45	
24	Tue	5:18	3.7	6:02	3.1			12:06	-0.1	6:00	7:46	
25	Wed	6:21	3.5	7:04	3.0	12:18	0.3	1:12	0.1	5:59	7:47	
26	Thu	7:24	3.4	8:06	3.0	1:31	0.4	2:19	0.1	5:57	7:48	
27	Fri	8:26	3.2	9:10	3.1	2:42	0.5	3:20	0.1	5:56	7:50	
28	Sat	9:31	3.2	10:11	3.2	3:46	0.4	4:15	0.1	5:55	7:51	
29	Sun	10:32	3.2	11:05	3.3	4:42	0.3	5:05	0.0	5:53	7:52	
30	Mon	11:24	3.2	11:50	3.5	5:33	0.2	5:50	0.0	5:52	7:53	