US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:09	3.3	6:21	0.1	6:33	0.0	5:51	7:54	
2	Wed	12:30	3.6	12:51	3.3	7:07	0.0	7:13	0.0	5:49	7:55	
3	Thu	1:07	3.6	1:31	3.2	7:50	0.0	7:53	0.1	5:48	7:56	
4	Fri	1:43	3.6	2:11	3.1	8:32	0.0	8:30	0.2	5:47	7:57	
5	Sat	2:17	3.6	2:52	3.0	9:11	0.0	9:05	0.3	5:46	7:58	
6	Sun	2:51	3.5	3:35	2.9	9:49	0.1	9:38	0.4	5:44	7:59	
7	Mon	3:25	3.3	4:22	2.7	10:26	0.2	10:09	0.6	5:43	8:00	
8	Tue	4:00	3.2	5:11	2.7	11:04	0.4	10:41	0.7	5:42	8:01	
9	Wed	4:39	3.1	6:00	2.6	11:47	0.5	11:19	0.8	5:41	8:02	
10	Thu	5:26	3.0	6:46	2.6			12:42	0.6	5:40	8:03	
11	Fri	6:17	2.9	7:32	2.6	12:15	0.9	1:43	0.6	5:39	8:05	
12	Sat	7:10	2.9	8:21	2.8	1:37	1.0	2:41	0.6	5:38	8:06	
13	Sun	8:08	3.0	9:15	3.0	2:51	0.8	3:34	0.4	5:37	8:07	
14	Mon	9:14	3.0	10:09	3.2	3:52	0.6	4:22	0.2	5:36	8:08	
15	Tue	10:19	3.2	10:59	3.6	4:47	0.3	5:08	0.1	5:35	8:09	
16	Wed	11:15	3.3	11:45	3.9	5:40	0.0	5:55	-0.1	5:34	8:10	
17	Thu			12:06	3.4	6:33	-0.2	6:43	-0.2	5:33	8:11	
18	Fri	12:31	4.1	12:56	3.5	7:25	-0.4	7:33	-0.3	5:32	8:12	
19	Sat	1:18	4.3	1:48	3.5	8:18	-0.5	8:24	-0.3	5:31	8:13	
20	Sun	2:08	4.3	2:43	3.4	9:09	-0.6	9:15	-0.2	5:30	8:13	
21	Mon	3:03	4.2	3:44	3.3	10:00	-0.5	10:06	-0.1	5:29	8:14	
22	Tue	4:03	4.0	4:49	3.2	10:53	-0.4	11:02	0.1	5:29	8:15	
23	Wed	5:06	3.8	5:53	3.2	11:50	-0.2			5:28	8:16	
24	Thu	6:08	3.6	6:52	3.2	12:04	0.3	12:51	0.0	5:27	8:17	
25	Fri	7:06	3.4	7:49	3.2	1:13	0.5	1:54	0.1	5:27	8:18	
26	Sat	8:03	3.3	8:46	3.2	2:22	0.5	2:52	0.1	5:26	8:19	
27	Sun	9:02	3.1	9:42	3.3	3:24	0.5	3:45	0.1	5:25	8:20	
28	Mon	10:00	3.1	10:35	3.4	4:20	0.4	4:33	0.2	5:25	8:21	
29	Tue	10:54	3.0	11:21	3.5	5:10	0.3	5:17	0.2	5:24	8:21	
30	Wed	11:41	3.0			5:57	0.2	5:58	0.2	5:24	8:22	
31	Thu	12:01	3.6	12:24	3.1	6:42	0.2	6:39	0.2	5:23	8:23	