US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2057

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