US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2057

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