US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2058

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