US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2059

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