US HARBORS www.USHarbors.com

Poughkeepsie, NY - May 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:14	3.6	3:54	2.8	10:24	0.0	10:12	0.4	5:51	7:53	
2	Fri	4:03	3.5	4:53	2.7	11:11	0.2	10:57	0.5	5:50	7:54	
3	Sat	5:03	3.4	5:57	2.7			12:09	0.3	5:49	7:56	
4	Sun	6:09	3.4	7:00	2.8	12:01	0.6	1:18	0.3	5:47	7:57	
5	Mon	7:14	3.3	8:02	3.0	1:27	0.6	2:25	0.2	5:46	7:58	
6	Tue	8:20	3.3	9:07	3.2	2:45	0.5	3:25	0.1	5:45	7:59	
7	Wed	9:29	3.3	10:11	3.4	3:52	0.3	4:19	-0.1	5:44	8:00	
8	Thu	10:33	3.4	11:07	3.7	4:51	0.1	5:10	-0.2	5:43	8:01	
9	Fri	11:30	3.5	11:56	3.9	5:46	-0.1	5:59	-0.3	5:42	8:02	
10	Sat			12:20	3.5	6:39	-0.3	6:48	-0.3	5:40	8:03	
11	Sun	12:42	4.1	1:09	3.5	7:30	-0.4	7:35	-0.3	5:39	8:04	
12	Mon	1:26	4.1	1:57	3.4	8:20	-0.4	8:22	-0.2	5:38	8:05	
13	Tue	2:11	4.0	2:47	3.3	9:07	-0.3	9:06	0.0	5:37	8:06	
14	Wed	2:56	3.8	3:40	3.1	9:53	-0.2	9:49	0.2	5:36	8:07	
15	Thu	3:45	3.6	4:35	2.9	10:39	0.0	10:32	0.5	5:35	8:08	
16	Fri	4:37	3.4	5:31	2.8	11:27	0.2	11:19	0.7	5:34	8:09	
17	Sat	5:31	3.2	6:24	2.8			12:20	0.4	5:33	8:10	
18	Sun	6:24	3.0	7:14	2.8	12:14	0.9	1:17	0.6	5:32	8:11	
19	Mon	7:14	2.9	8:04	2.8	1:20	1.0	2:14	0.6	5:32	8:12	
20	Tue	8:05	2.8	8:55	2.9	2:25	1.0	3:05	0.6	5:31	8:13	
21	Wed	8:59	2.7	9:46	3.0	3:23	0.9	3:50	0.5	5:30	8:14	
22	Thu	9:55	2.7	10:34	3.2	4:14	0.8	4:32	0.5	5:29	8:15	
23	Fri	10:46	2.8	11:16	3.3	5:02	0.6	5:12	0.4	5:28	8:16	
24	Sat	11:30	2.9	11:52	3.5	5:47	0.4	5:52	0.3	5:28	8:17	
25	Sun			12:10	2.9	6:31	0.3	6:31	0.3	5:27	8:18	
26	Mon	12:26	3.7	12:48	3.0	7:16	0.1	7:12	0.3	5:26	8:19	
27	Tue	12:59	3.8	1:26	3.0	8:01	0.0	7:54	0.2	5:26	8:19	
28	Wed	1:35	3.8	2:08	3.0	8:45	-0.1	8:37	0.2	5:25	8:20	
29	Thu	2:15	3.8	2:55	2.9	9:29	-0.1	9:21	0.3	5:24	8:21	
30	Fri	3:02	3.8	3:50	2.9	10:14	-0.1	10:07	0.3	5:24	8:22	
31	Sat	3:58	3.7	4:53	2.9	11:03	0.0	10:59	0.4	5:23	8:23	