US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:01	3.6	5:55	3.0	11:58	0.1			5:23	8:23	
2	Mon	6:05	3.5	6:53	3.1	12:04	0.5	12:58	0.1	5:23	8:24	
3	Tue	7:05	3.4	7:49	3.3	1:20	0.5	2:00	0.1	5:22	8:25	
4	Wed	8:04	3.3	8:48	3.4	2:31	0.5	2:58	0.0	5:22	8:26	
5	Thu	9:06	3.2	9:48	3.6	3:36	0.3	3:52	-0.1	5:21	8:26	
6	Fri	10:10	3.2	10:44	3.8	4:34	0.2	4:43	-0.1	5:21	8:27	
7	Sat	11:08	3.2	11:35	3.9	5:29	0.0	5:33	-0.1	5:21	8:28	
8	Sun			12:01	3.2	6:22	-0.1	6:22	-0.1	5:21	8:28	
9	Mon	12:21	4.0	12:50	3.2	7:13	-0.2	7:10	0.0	5:21	8:29	
10	Tue	1:05	3.9	1:39	3.2	8:02	-0.2	7:58	0.1	5:20	8:29	
11	Wed	1:48	3.9	2:28	3.1	8:49	-0.1	8:43	0.3	5:20	8:30	
12	Thu	2:33	3.7	3:18	3.0	9:33	-0.1	9:26	0.4	5:20	8:30	
13	Fri	3:19	3.5	4:11	2.9	10:16	0.1	10:08	0.6	5:20	8:31	
14	Sat	4:08	3.4	5:03	2.9	10:59	0.2	10:50	0.7	5:20	8:31	
15	Sun	4:59	3.2	5:54	2.9	11:43	0.4	11:37	0.9	5:20	8:32	
16	Mon	5:48	3.0	6:41	2.9			12:31	0.5	5:20	8:32	
17	Tue	6:34	2.9	7:25	2.9	12:34	1.0	1:21	0.6	5:20	8:32	
18	Wed	7:17	2.8	8:09	3.0	1:38	1.0	2:10	0.6	5:20	8:33	
19	Thu	8:02	2.7	8:54	3.1	2:39	1.0	2:57	0.6	5:21	8:33	
20	Fri	8:54	2.7	9:41	3.2	3:34	0.9	3:42	0.6	5:21	8:33	
21	Sat	9:51	2.7	10:28	3.4	4:25	0.7	4:25	0.5	5:21	8:33	
22	Sun	10:47	2.7	11:11	3.5	5:14	0.5	5:09	0.5	5:21	8:34	
23	Mon	11:35	2.8	11:52	3.7	6:01	0.3	5:53	0.4	5:21	8:34	
24	Tue			12:20	2.9	6:50	0.1	6:41	0.3	5:22	8:34	
25	Wed	12:32	3.9	1:05	3.0	7:38	0.0	7:30	0.2	5:22	8:34	
26	Thu	1:15	4.0	1:52	3.0	8:27	-0.2	8:21	0.2	5:22	8:34	
27	Fri	2:03	4.0	2:44	3.1	9:13	-0.2	9:11	0.1	5:23	8:34	
28	Sat	2:55	4.0	3:41	3.1	10:00	-0.3	10:01	0.1	5:23	8:34	
29	Sun	3:53	3.9	4:42	3.2	10:47	-0.2	10:55	0.2	5:24	8:34	
30	Mon	4:54	3.7	5:41	3.3	11:38	-0.2	11:57	0.3	5:24	8:34	