US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**10:03**	3.2	**10:17**	2.8	**3:59**	0.3	**4:32**	0.4	7:03	4:26	
2	Tue	**10:42**	3.3	**10:58**	2.8	**4:38**	0.2	**5:16**	0.2	7:04	4:25	
3	Wed	**11:16**	3.5	**11:35**	2.8	**5:17**	0.2	**5:59**	0.1	7:05	4:25	
4	Thu	**11:49**	3.6			**5:56**	0.1	**6:43**	0.0	7:06	4:25	
5	Fri	**12:11**	2.8	**12:22**	3.6	**6:37**	0.1	**7:26**	-0.1	7:07	4:25	
6	Sat	**12:48**	2.8	**12:57**	3.6	**7:18**	0.1	**8:09**	-0.1	7:08	4:25	
7	Sun	**1:28**	2.7	**1:38**	3.6	**7:58**	0.1	**8:51**	-0.1	7:09	4:25	
8	Mon	**2:15**	2.7	**2:26**	3.5	**8:40**	0.2	**9:36**	-0.1	7:10	4:25	
9	Tue	**3:12**	2.7	**3:24**	3.4	**9:26**	0.2	**10:25**	0.0	7:10	4:25	
10	Wed	**4:15**	2.7	**4:27**	3.3	**10:22**	0.3	**11:22**	0.0	7:11	4:25	
11	Thu	**5:16**	2.8	**5:29**	3.2	**11:34**	0.4			7:12	4:25	
12	Fri	**6:14**	3.0	**6:29**	3.1	**12:24**	0.0	**12:52**	0.4	7:13	4:25	
13	Sat	**7:12**	3.1	**7:30**	3.1	**1:25**	-0.1	**2:02**	0.3	7:14	4:25	
14	Sun	**8:13**	3.3	**8:35**	3.0	**2:22**	-0.2	**3:04**	0.1	7:14	4:25	
15	Mon	**9:13**	3.5	**9:38**	3.0	**3:16**	-0.3	**4:01**	-0.1	7:15	4:26	
16	Tue	**10:09**	3.7	**10:34**	3.1	**4:07**	-0.3	**4:55**	-0.3	7:16	4:26	
17	Wed	**10:59**	3.8	**11:25**	3.1	**4:57**	-0.4	**5:47**	-0.4	7:17	4:26	
18	Thu	**11:45**	3.8			**5:47**	-0.4	**6:38**	-0.4	7:17	4:27	
19	Fri	**12:14**	3.1	**12:30**	3.8	**6:36**	-0.3	**7:27**	-0.5	7:18	4:27	
20	Sat	**1:03**	3.0	**1:16**	3.6	**7:24**	-0.2	**8:13**	-0.4	7:18	4:27	
21	Sun	**1:53**	2.9	**2:02**	3.5	**8:09**	-0.1	**8:57**	-0.3	7:19	4:28	
22	Mon	**2:45**	2.8	**2:51**	3.3	**8:52**	0.1	**9:40**	-0.1	7:19	4:28	
23	Tue	**3:37**	2.7	**3:41**	3.1	**9:35**	0.3	**10:25**	0.1	7:20	4:29	
24	Wed	**4:29**	2.7	**4:32**	2.9	**10:20**	0.5	**11:12**	0.2	7:20	4:29	
25	Thu	**5:19**	2.6	**5:19**	2.7	**11:12**	0.6			7:21	4:30	
26	Fri	**6:05**	2.6	**6:05**	2.6	**12:02**	0.3	**12:15**	0.7	7:21	4:31	
27	Sat	**6:51**	2.6	**6:51**	2.5	**12:53**	0.4	**1:19**	0.7	7:21	4:31	
28	Sun	**7:38**	2.7	**7:43**	2.4	**1:43**	0.4	**2:18**	0.7	7:21	4:32	
29	Mon	**8:28**	2.8	**8:41**	2.3	**2:30**	0.4	**3:11**	0.5	7:22	4:33	
30	Tue	**9:18**	2.9	**9:38**	2.4	**3:15**	0.3	**4:00**	0.3	7:22	4:34	
31	Wed	**10:04**	3.1	**10:27**	2.5	**3:59**	0.2	**4:47**	0.2	7:22	4:34	