US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:27	3.6	11:53	3.2	5:35	-0.3	6:15	-0.5	6:28	5:46	
2	Tue			12:14	3.8	6:27	-0.5	7:01	-0.7	6:27	5:48	
3	Wed	12:38	3.5	1:01	3.8	7:18	-0.7	7:46	-0.8	6:25	5:49	
4	Thu	1:25	3.6	1:50	3.7	8:08	-0.7	8:29	-0.8	6:23	5:50	
5	Fri	2:15	3.7	2:42	3.5	8:57	-0.7	9:13	-0.7	6:22	5:51	
6	Sat	3:07	3.6	3:37	3.3	9:48	-0.5	9:59	-0.5	6:20	5:52	
7	Sun	4:03	3.5	4:36	3.0	10:44	-0.2	10:51	-0.2	6:18	5:53	
8	Mon	5:00	3.4	5:35	2.8	11:49	0.0	11:53	0.1	6:17	5:55	
9	Tue	5:59	3.2	6:36	2.6			12:59	0.2	6:15	5:56	
10	Wed	7:00	3.0	7:41	2.5	1:04	0.3	2:08	0.2	6:14	5:57	
11	Thu	8:08	2.9	8:50	2.6	2:12	0.4	3:09	0.2	6:12	5:58	
12	Fri	9:17	2.9	9:52	2.7	3:14	0.4	4:04	0.1	6:10	5:59	
13	Sat	10:15	3.0	10:43	2.8	4:08	0.3	4:52	0.0	6:08	6:00	
14	Sun			12:01	3.1	5:57	0.2	6:36	-0.1	7:07	7:01	
15	Mon	12:26	3.0	12:42	3.2	6:43	0.1	7:16	-0.1	7:05	7:03	
16	Tue	1:04	3.1	1:19	3.2	7:26	0.0	7:54	-0.1	7:03	7:04	
17	Wed	1:41	3.2	1:54	3.2	8:07	-0.1	8:29	-0.1	7:02	7:05	
18	Thu	2:16	3.2	2:28	3.1	8:45	-0.1	9:02	-0.1	7:00	7:06	
19	Fri	2:49	3.2	3:01	2.9	9:21	0.0	9:31	0.0	6:58	7:07	
20	Sat	3:21	3.2	3:34	2.8	9:55	0.1	9:57	0.2	6:57	7:08	
21	Sun	3:51	3.1	4:07	2.6	10:27	0.2	10:21	0.3	6:55	7:09	
22	Mon	4:21	3.0	4:45	2.5	11:01	0.3	10:46	0.5	6:53	7:10	
23	Tue	4:57	2.9	5:30	2.4	11:42	0.5	11:21	0.6	6:51	7:11	
24	Wed	5:44	2.9	6:24	2.3			12:46	0.6	6:50	7:13	
25	Thu	6:39	2.9	7:24	2.3	12:14	0.7	2:08	0.6	6:48	7:14	
26	Fri	7:43	2.9	8:34	2.4	1:50	0.8	3:18	0.5	6:46	7:15	
27	Sat	8:58	3.0	9:48	2.6	3:19	0.6	4:16	0.3	6:45	7:16	
28	Sun	10:12	3.2	10:50	2.9	4:24	0.3	5:08	0.0	6:43	7:17	
29	Mon	11:13	3.4	11:42	3.3	5:22	0.0	5:57	-0.3	6:41	7:18	
30	Tue			12:04	3.6	6:16	-0.3	6:44	-0.5	6:40	7:19	
31	Wed	12:29	3.6	12:53	3.8	7:10	-0.5	7:32	-0.6	6:38	7:20	