US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:22	2.8	6:33	3.1	12:41	0.3	1:02	0.6	7:04	4:26	
2	Thu	7:18	3.0	7:36	3.1	1:39	0.2	2:13	0.4	7:05	4:25	
3	Fri	8:18	3.3	8:42	3.1	2:34	0.0	3:14	0.2	7:06	4:25	
4	Sat	9:18	3.6	9:44	3.2	3:25	-0.2	4:11	-0.1	7:07	4:25	
5	Sun	10:13	3.8	10:41	3.2	4:16	-0.3	5:06	-0.3	7:08	4:25	
6	Mon	11:04	4.0	11:34	3.3	5:07	-0.4	6:00	-0.5	7:08	4:25	
7	Tue	11:53	4.1			6:00	-0.5	6:53	-0.6	7:09	4:25	
8	Wed	12:26	3.3	12:43	4.0	6:52	-0.5	7:45	-0.6	7:10	4:25	
9	Thu	1:20	3.2	1:35	3.9	7:44	-0.4	8:35	-0.5	7:11	4:25	
10	Fri	2:17	3.1	2:31	3.7	8:34	-0.2	9:25	-0.4	7:12	4:25	
11	Sat	3:17	3.0	3:29	3.5	9:24	0.0	10:16	-0.2	7:13	4:25	
12	Sun	4:16	2.9	4:27	3.2	10:17	0.3	11:10	0.0	7:14	4:25	
13	Mon	5:13	2.8	5:22	3.0	11:16	0.5			7:14	4:25	
14	Tue	6:05	2.8	6:13	2.8	12:07	0.2	12:21	0.6	7:15	4:26	
15	Wed	6:55	2.8	7:04	2.7	1:03	0.3	1:25	0.6	7:16	4:26	
16	Thu	7:45	2.8	7:57	2.6	1:54	0.3	2:23	0.6	7:16	4:26	
17	Fri	8:37	2.9	8:54	2.5	2:41	0.3	3:15	0.5	7:17	4:26	
18	Sat	9:27	3.0	9:47	2.5	3:25	0.3	4:03	0.4	7:18	4:27	
19	Sun	10:12	3.1	10:34	2.5	4:06	0.3	4:48	0.2	7:18	4:27	
20	Mon	10:53	3.3	11:16	2.6	4:47	0.2	5:32	0.1	7:19	4:28	
21	Tue	11:30	3.3	11:55	2.6	5:28	0.2	6:16	0.0	7:19	4:28	
22	Wed			12:05	3.4	6:09	0.2	6:59	-0.1	7:20	4:29	
23	Thu	12:33	2.6	12:39	3.4	6:51	0.2	7:40	-0.1	7:20	4:29	
24	Fri	1:10	2.6	1:13	3.4	7:30	0.2	8:19	-0.2	7:20	4:30	
25	Sat	1:48	2.6	1:50	3.3	8:09	0.2	8:57	-0.1	7:21	4:31	
26	Sun	2:30	2.6	2:32	3.3	8:47	0.2	9:36	-0.1	7:21	4:31	
27	Mon	3:16	2.6	3:21	3.2	9:28	0.2	10:17	-0.1	7:21	4:32	
28	Tue	4:08	2.7	4:16	3.1	10:16	0.3	11:04	0.0	7:22	4:33	
29	Wed	5:01	2.8	5:12	3.0	11:20	0.4			7:22	4:33	
30	Thu	5:54	2.9	6:09	2.9	12:00	0.0	12:38	0.3	7:22	4:34	
31	Fri	6:48	3.1	7:09	2.8	1:00	-0.1	1:51	0.2	7:22	4:35	