US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2061

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:22	3.1	9:06	2.6	2:27	0.2	3:27	0.0	6:29	5:46	
2	Wed	9:35	3.1	10:10	2.8	3:31	0.1	4:23	-0.1	6:27	5:47	
3	Thu	10:34	3.3	11:03	3.0	4:28	0.0	5:14	-0.3	6:25	5:48	
4	Fri	11:23	3.4	11:49	3.2	5:21	-0.1	6:01	-0.4	6:24	5:50	
5	Sat			12:06	3.4	6:10	-0.2	6:45	-0.4	6:22	5:51	
6	Sun	12:31	3.3	12:46	3.4	6:56	-0.3	7:26	-0.4	6:21	5:52	
7	Mon	1:11	3.3	1:26	3.3	7:39	-0.3	8:03	-0.3	6:19	5:53	
8	Tue	1:50	3.3	2:05	3.1	8:19	-0.2	8:37	-0.2	6:17	5:54	
9	Wed	2:29	3.2	2:45	2.9	8:56	-0.1	9:09	0.0	6:16	5:55	
10	Thu	3:08	3.1	3:26	2.7	9:33	0.1	9:37	0.2	6:14	5:57	
11	Fri	3:47	3.0	4:09	2.5	10:11	0.3	10:04	0.4	6:12	5:58	
12	Sat	4:28	2.9	4:55	2.4	10:55	0.5	10:34	0.6	6:11	5:59	
13	Sun	6:10	2.8	6:43	2.2			12:54	0.6	7:09	7:00	
14	Mon	6:57	2.7	7:36	2.2	12:19	0.8	2:06	0.7	7:07	7:01	
15	Tue	7:50	2.7	8:39	2.2	1:50	0.9	3:12	0.7	7:06	7:02	
16	Wed	8:56	2.7	9:48	2.3	3:10	0.8	4:09	0.5	7:04	7:03	
17	Thu	10:05	2.8	10:46	2.5	4:11	0.6	4:58	0.3	7:02	7:05	
18	Fri	11:01	3.1	11:32	2.8	5:04	0.4	5:44	0.1	7:00	7:06	
19	Sat	11:48	3.3			5:54	0.1	6:27	-0.1	6:59	7:07	
20	Sun	12:12	3.1	12:30	3.5	6:42	-0.1	7:10	-0.3	6:57	7:08	
21	Mon	12:51	3.4	1:11	3.6	7:31	-0.3	7:53	-0.5	6:55	7:09	
22	Tue	1:30	3.6	1:54	3.6	8:18	-0.5	8:34	-0.6	6:54	7:10	
23	Wed	2:12	3.8	2:40	3.5	9:06	-0.6	9:16	-0.5	6:52	7:11	
24	Thu	2:57	3.8	3:30	3.3	9:53	-0.5	9:58	-0.4	6:50	7:12	
25	Fri	3:48	3.7	4:27	3.1	10:43	-0.3	10:44	-0.2	6:48	7:13	
26	Sat	4:45	3.6	5:29	2.9	11:39	-0.1	11:38	0.0	6:47	7:15	
27	Sun	5:47	3.4	6:33	2.8			12:46	0.1	6:45	7:16	
28	Mon	6:51	3.3	7:37	2.7	12:47	0.3	1:59	0.2	6:43	7:17	
29	Tue	7:58	3.1	8:44	2.7	2:04	0.4	3:07	0.2	6:42	7:18	
30	Wed	9:09	3.0	9:53	2.8	3:16	0.4	4:08	0.1	6:40	7:19	
31	Thu	10:18	3.1	10:54	3.0	4:18	0.3	5:01	0.0	6:38	7:20	