US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2062

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:40	3.0	5:04	2.5	11:07	0.3	11:11	0.4	6:29	5:46	
2	Thu	5:27	2.9	5:54	2.3			12:07	0.5	6:27	5:47	
3	Fri	6:16	2.7	6:48	2.2	12:07	0.6	1:13	0.6	6:26	5:48	
4	Sat	7:10	2.7	7:49	2.2	1:14	0.7	2:16	0.6	6:24	5:49	
5	Sun	8:14	2.6	8:56	2.2	2:19	0.7	3:12	0.5	6:23	5:51	
6	Mon	9:18	2.7	9:54	2.4	3:16	0.6	4:01	0.4	6:21	5:52	
7	Tue	10:11	2.9	10:41	2.6	4:06	0.5	4:45	0.2	6:19	5:53	
8	Wed	10:55	3.0	11:20	2.8	4:52	0.3	5:27	0.0	6:18	5:54	
9	Thu	11:32	3.2	11:54	3.0	5:37	0.1	6:07	-0.1	6:16	5:55	
10	Fri			12:07	3.3	6:20	0.0	6:45	-0.2	6:14	5:56	
11	Sat	12:26	3.1	12:41	3.3	7:02	-0.1	7:21	-0.3	6:13	5:57	
12	Sun	12:56	3.3	2:15	3.3	8:42	-0.2	8:56	-0.3	7:11	6:59	
13	Mon	2:29	3.4	2:53	3.2	9:22	-0.3	9:30	-0.3	7:09	7:00	
14	Tue	3:05	3.4	3:35	3.0	10:03	-0.2	10:05	-0.2	7:08	7:01	
15	Wed	3:49	3.4	4:26	2.9	10:47	-0.1	10:43	-0.1	7:06	7:02	
16	Thu	4:40	3.4	5:25	2.7	11:41	0.1	11:31	0.1	7:04	7:03	
17	Fri	5:40	3.3	6:29	2.6			12:51	0.3	7:03	7:04	
18	Sat	6:46	3.2	7:36	2.6	12:40	0.3	2:09	0.3	7:01	7:05	
19	Sun	7:56	3.1	8:48	2.6	2:07	0.4	3:19	0.2	6:59	7:06	
20	Mon	9:13	3.1	10:01	2.8	3:23	0.3	4:20	0.0	6:57	7:08	
21	Tue	10:27	3.2	11:04	3.1	4:28	0.1	5:15	-0.2	6:56	7:09	
22	Wed	11:26	3.4	11:57	3.3	5:26	-0.1	6:05	-0.3	6:54	7:10	
23	Thu			12:16	3.5	6:20	-0.3	6:53	-0.5	6:52	7:11	
24	Fri	12:43	3.5	1:01	3.5	7:11	-0.4	7:38	-0.5	6:51	7:12	
25	Sat	1:26	3.7	1:44	3.5	7:59	-0.4	8:20	-0.5	6:49	7:13	
26	Sun	2:07	3.7	2:26	3.3	8:43	-0.4	8:59	-0.3	6:47	7:14	
27	Mon	2:48	3.6	3:10	3.2	9:26	-0.3	9:36	-0.1	6:46	7:15	
28	Tue	3:29	3.5	3:55	2.9	10:06	-0.1	10:11	0.1	6:44	7:16	
29	Wed	4:11	3.3	4:43	2.7	10:47	0.1	10:45	0.4	6:42	7:18	
30	Thu	4:56	3.1	5:33	2.5	11:31	0.3	11:21	0.6	6:40	7:19	
31	Fri	5:44	2.9	6:25	2.4			12:24	0.5	6:39	7:20	