US HARBORS www.USHarbors.com

Poughkeepsie, NY - Dec 2062

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:19	3.0	12:33	3.7	6:41	0.1	7:25	-0.1	7:03	4:26	
2	Sat	1:01	2.9	1:13	3.5	7:23	0.2	8:06	0.0	7:04	4:25	
3	Sun	1:45	2.8	1:53	3.4	8:02	0.3	8:46	0.1	7:05	4:25	
4	Mon	2:31	2.6	2:37	3.2	8:39	0.4	9:25	0.2	7:06	4:25	
5	Tue	3:21	2.6	3:23	3.1	9:16	0.6	10:05	0.3	7:07	4:25	
6	Wed	4:12	2.5	4:11	2.9	9:53	0.7	10:47	0.4	7:08	4:25	
7	Thu	5:01	2.5	4:58	2.8	10:38	0.8	11:35	0.5	7:09	4:25	
8	Fri	5:46	2.5	5:42	2.7	11:41	0.9			7:10	4:25	
9	Sat	6:27	2.6	6:26	2.7	12:27	0.5	12:54	0.9	7:11	4:25	
10	Sun	7:09	2.7	7:16	2.6	1:19	0.4	1:59	0.8	7:12	4:25	
11	Mon	7:56	2.9	8:13	2.6	2:08	0.4	2:55	0.6	7:12	4:25	
12	Tue	8:47	3.1	9:14	2.7	2:55	0.3	3:47	0.3	7:13	4:25	
13	Wed	9:37	3.3	10:09	2.8	3:41	0.1	4:38	0.1	7:14	4:25	
14	Thu	10:25	3.6	10:59	2.9	4:29	0.0	5:29	-0.1	7:15	4:25	
15	Fri	11:12	3.8	11:47	3.0	5:18	-0.1	6:20	-0.3	7:15	4:26	
16	Sat	11:59	3.9			6:10	-0.3	7:12	-0.4	7:16	4:26	
17	Sun	12:37	3.0	12:49	3.9	7:04	-0.3	8:02	-0.5	7:17	4:26	
18	Mon	1:31	3.0	1:44	3.8	7:56	-0.4	8:51	-0.5	7:17	4:27	
19	Tue	2:30	3.0	2:43	3.7	8:49	-0.3	9:40	-0.5	7:18	4:27	
20	Wed	3:33	3.1	3:45	3.5	9:43	-0.2	10:33	-0.4	7:18	4:27	
21	Thu	4:34	3.1	4:46	3.3	10:43	0.0	11:30	-0.3	7:19	4:28	
22	Fri	5:32	3.1	5:44	3.1	11:51	0.2			7:19	4:28	
23	Sat	6:28	3.2	6:40	2.9	12:30	-0.2	1:00	0.2	7:20	4:29	
24	Sun	7:23	3.2	7:38	2.8	1:28	-0.1	2:05	0.2	7:20	4:30	
25	Mon	8:20	3.2	8:40	2.6	2:24	0.0	3:05	0.2	7:21	4:30	
26	Tue	9:16	3.3	9:40	2.6	3:15	0.0	3:58	0.1	7:21	4:31	
27	Wed	10:08	3.3	10:33	2.6	4:04	0.0	4:48	0.0	7:21	4:32	
28	Thu	10:54	3.4	11:20	2.6	4:50	0.1	5:36	-0.1	7:21	4:32	
29	Fri	11:36	3.4			5:35	0.1	6:21	-0.1	7:22	4:33	
30	Sat	12:02	2.7	12:16	3.4	6:19	0.1	7:05	-0.2	7:22	4:34	
31	Sun	12:44	2.7	12:55	3.3	7:02	0.1	7:45	-0.2	7:22	4:35	