US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2063

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:06	3.0	1:18	3.1	7:37	-0.1	7:53	-0.2	6:29	5:46	
2	Fri	1:35	3.0	1:48	3.0	8:13	0.0	8:23	-0.2	6:28	5:47	
3	Sat	2:01	3.1	2:19	2.9	8:46	0.0	8:51	-0.1	6:26	5:48	
4	Sun	2:29	3.1	2:53	2.7	9:19	0.1	9:18	0.0	6:25	5:49	
5	Mon	3:03	3.1	3:36	2.6	9:56	0.2	9:49	0.1	6:23	5:50	
6	Tue	3:47	3.1	4:28	2.5	10:43	0.3	10:31	0.3	6:21	5:51	
7	Wed	4:41	3.1	5:28	2.4	11:56	0.4	11:32	0.4	6:20	5:53	
8	Thu	5:43	3.1	6:35	2.4			1:22	0.4	6:18	5:54	
9	Fri	6:53	3.1	7:51	2.5	1:05	0.4	2:33	0.3	6:16	5:55	
10	Sat	8:14	3.1	9:07	2.7	2:28	0.3	3:33	0.1	6:15	5:56	
11	Sun	10:31	3.3	11:11	3.0	4:35	0.0	5:27	-0.2	7:13	6:57	
12	Mon	11:32	3.5			5:35	-0.2	6:18	-0.5	7:11	6:58	
13	Tue	12:04	3.4	12:24	3.7	6:31	-0.5	7:07	-0.7	7:10	6:59	
14	Wed	12:53	3.6	1:12	3.7	7:24	-0.6	7:54	-0.8	7:08	7:01	
15	Thu	1:40	3.8	1:59	3.7	8:16	-0.7	8:40	-0.8	7:06	7:02	
16	Fri	2:27	3.8	2:47	3.5	9:04	-0.7	9:23	-0.6	7:05	7:03	
17	Sat	3:14	3.8	3:37	3.3	9:51	-0.5	10:05	-0.4	7:03	7:04	
18	Sun	4:03	3.6	4:30	3.1	10:38	-0.3	10:48	-0.1	7:01	7:05	
19	Mon	4:53	3.4	5:25	2.8	11:27	0.0	11:34	0.2	7:00	7:06	
20	Tue	5:46	3.2	6:20	2.6			12:24	0.3	6:58	7:07	
21	Wed	6:39	3.0	7:16	2.4	12:30	0.5	1:29	0.5	6:56	7:08	
22	Thu	7:34	2.8	8:13	2.4	1:37	0.7	2:35	0.6	6:54	7:10	
23	Fri	8:34	2.7	9:16	2.4	2:45	0.8	3:34	0.5	6:53	7:11	
24	Sat	9:38	2.7	10:17	2.5	3:46	0.7	4:26	0.5	6:51	7:12	
25	Sun	10:37	2.8	11:08	2.7	4:38	0.6	5:10	0.3	6:49	7:13	
26	Mon	11:25	2.9	11:50	2.9	5:25	0.5	5:51	0.2	6:48	7:14	
27	Tue			12:06	3.0	6:09	0.3	6:30	0.1	6:46	7:15	
28	Wed	12:27	3.1	12:42	3.1	6:52	0.2	7:07	0.0	6:44	7:16	
29	Thu	1:00	3.2	1:16	3.1	7:33	0.0	7:43	-0.1	6:43	7:17	
30	Fri	1:29	3.3	1:49	3.1	8:13	0.0	8:18	-0.1	6:41	7:18	
31	Sat	1:56	3.4	2:21	3.0	8:51	-0.1	8:50	0.0	6:39	7:19	