US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2063

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:19	3.7	5:20	3.1	11:22	-0.1	11:22	0.3	5:23	8:23	
2	Sat	5:23	3.6	6:19	3.2			12:18	0.0	5:23	8:24	
3	Sun	6:24	3.4	7:14	3.4	12:30	0.4	1:18	0.0	5:22	8:25	
4	Mon	7:22	3.3	8:09	3.5	1:41	0.5	2:17	0.0	5:22	8:26	
5	Tue	8:20	3.2	9:06	3.6	2:49	0.4	3:13	0.0	5:21	8:26	
6	Wed	9:22	3.1	10:04	3.7	3:51	0.3	4:06	0.0	5:21	8:27	
7	Thu	10:25	3.0	10:58	3.8	4:47	0.2	4:56	0.0	5:21	8:28	
8	Fri	11:22	3.0	11:46	3.9	5:40	0.1	5:45	0.1	5:21	8:28	
9	Sat			12:13	3.0	6:31	0.0	6:33	0.2	5:21	8:29	
10	Sun	12:31	3.9	1:00	3.0	7:21	0.0	7:20	0.2	5:20	8:29	
11	Mon	1:14	3.8	1:47	3.0	8:08	0.0	8:07	0.3	5:20	8:30	
12	Tue	1:57	3.7	2:34	2.9	8:52	0.0	8:51	0.4	5:20	8:30	
13	Wed	2:40	3.6	3:22	2.9	9:34	0.1	9:32	0.5	5:20	8:31	
14	Thu	3:26	3.4	4:12	2.8	10:14	0.2	10:12	0.7	5:20	8:31	
15	Fri	4:13	3.3	5:02	2.8	10:53	0.3	10:52	0.8	5:20	8:32	
16	Sat	5:00	3.1	5:50	2.8	11:33	0.4	11:38	0.9	5:20	8:32	
17	Sun	5:46	3.0	6:33	2.9			12:14	0.5	5:20	8:32	
18	Mon	6:29	2.9	7:13	2.9	12:34	1.0	1:00	0.6	5:20	8:33	
19	Tue	7:11	2.8	7:52	3.0	1:38	1.1	1:48	0.6	5:21	8:33	
20	Wed	7:55	2.7	8:33	3.1	2:40	1.0	2:36	0.6	5:21	8:33	
21	Thu	8:48	2.6	9:20	3.2	3:36	0.9	3:24	0.6	5:21	8:33	
22	Fri	9:49	2.6	10:11	3.4	4:29	0.7	4:12	0.5	5:21	8:34	
23	Sat	10:49	2.7	11:01	3.6	5:19	0.5	5:01	0.4	5:21	8:34	
24	Sun	11:41	2.8	11:48	3.8	6:09	0.3	5:51	0.3	5:22	8:34	
25	Mon			12:30	3.0	7:00	0.1	6:44	0.2	5:22	8:34	
26	Tue	12:35	4.0	1:19	3.1	7:51	-0.1	7:39	0.1	5:23	8:34	
27	Wed	1:24	4.1	2:10	3.2	8:40	-0.2	8:32	0.0	5:23	8:34	
28	Thu	2:16	4.1	3:06	3.3	9:27	-0.3	9:25	0.0	5:23	8:34	
29	Fri	3:12	4.0	4:04	3.4	10:14	-0.3	10:17	0.0	5:24	8:34	
30	Sat	4:11	3.8	5:03	3.5	11:02	-0.3	11:13	0.2	5:24	8:34	