US HARBORS www.USHarbors.com

Poughkeepsie, NY - Mar 2064

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