US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 2064

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:24	3.9	3:04	3.1	9:19	-0.3	9:23	0.2	5:23	8:24	
2	Mon	3:16	3.8	4:00	3.0	10:05	-0.2	10:10	0.4	5:22	8:25	
3	Tue	4:09	3.6	4:56	3.0	10:51	0.0	10:58	0.6	5:22	8:25	
4	Wed	5:03	3.4	5:49	3.0	11:39	0.2	11:50	0.8	5:22	8:26	
5	Thu	5:55	3.2	6:38	3.0			12:28	0.4	5:21	8:27	
6	Fri	6:43	3.0	7:24	3.0	12:49	0.9	1:19	0.5	5:21	8:27	
7	Sat	7:30	2.9	8:09	3.0	1:52	1.0	2:09	0.6	5:21	8:28	
8	Sun	8:18	2.7	8:56	3.1	2:51	0.9	2:56	0.6	5:21	8:29	
9	Mon	9:11	2.7	9:45	3.2	3:44	0.8	3:41	0.6	5:20	8:29	
10	Tue	10:07	2.6	10:32	3.3	4:34	0.7	4:24	0.5	5:20	8:30	
11	Wed	11:00	2.7	11:15	3.4	5:20	0.6	5:06	0.5	5:20	8:30	
12	Thu	11:46	2.7	11:53	3.5	6:06	0.4	5:49	0.5	5:20	8:31	
13	Fri			12:29	2.8	6:51	0.3	6:34	0.4	5:20	8:31	
14	Sat	12:29	3.6	1:10	2.9	7:37	0.2	7:19	0.4	5:20	8:32	
15	Sun	1:05	3.7	1:51	2.9	8:21	0.0	8:05	0.3	5:20	8:32	
16	Mon	1:43	3.8	2:35	2.9	9:04	0.0	8:50	0.3	5:20	8:32	
17	Tue	2:26	3.8	3:23	3.0	9:46	-0.1	9:36	0.3	5:20	8:33	
18	Wed	3:14	3.7	4:16	3.1	10:28	-0.1	10:23	0.3	5:21	8:33	
19	Thu	4:09	3.6	5:11	3.2	11:12	0.0	11:16	0.4	5:21	8:33	
20	Fri	5:07	3.5	6:05	3.3			12:01	0.0	5:21	8:33	
21	Sat	6:05	3.4	6:57	3.5	12:19	0.4	12:56	0.1	5:21	8:34	
22	Sun	7:01	3.2	7:50	3.6	1:30	0.5	1:55	0.1	5:21	8:34	
23	Mon	8:00	3.1	8:47	3.7	2:39	0.4	2:54	0.1	5:22	8:34	
24	Tue	9:04	3.0	9:48	3.8	3:43	0.3	3:51	0.1	5:22	8:34	
25	Wed	10:13	3.0	10:47	3.9	4:42	0.2	4:46	0.1	5:22	8:34	
26	Thu	11:16	3.0	11:42	3.9	5:38	0.1	5:40	0.1	5:23	8:34	
27	Fri			12:12	3.1	6:31	-0.1	6:34	0.1	5:23	8:34	
28	Sat	12:32	4.0	1:04	3.1	7:24	-0.1	7:26	0.2	5:24	8:34	
29	Sun	1:20	3.9	1:55	3.1	8:13	-0.2	8:16	0.2	5:24	8:34	
30	Mon	2:07	3.8	2:45	3.1	8:59	-0.2	9:03	0.3	5:25	8:34	