US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 1706

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:28	3.0	7:57	3.5	1:59	0.5	1:59	0.6	5:24	6:34	
2	Thu	8:36	3.0	9:04	3.5	3:01	0.5	3:01	0.6	5:25	6:32	
3	Fri	9:41	3.0	10:04	3.6	3:57	0.4	3:58	0.5	5:26	6:30	
4	Sat	10:36	3.2	10:53	3.7	4:48	0.3	4:49	0.4	5:27	6:29	
5	Sun	11:22	3.3	11:36	3.7	5:35	0.2	5:38	0.4	5:28	6:27	
6	Mon			12:04	3.4	6:18	0.1	6:24	0.3	5:30	6:25	
7	Tue	12:16	3.7	12:44	3.5	6:59	0.1	7:07	0.3	5:31	6:23	
8	Wed	12:53	3.6	1:22	3.5	7:36	0.1	7:48	0.4	5:32	6:22	
9	Thu	1:30	3.5	2:00	3.5	8:11	0.2	8:26	0.4	5:33	6:20	
10	Fri	2:07	3.3	2:38	3.4	8:43	0.3	9:03	0.5	5:34	6:18	
11	Sat	2:45	3.1	3:16	3.4	9:11	0.5	9:39	0.7	5:35	6:17	
12	Sun	3:24	2.9	3:55	3.3	9:37	0.7	10:17	0.8	5:36	6:15	
13	Mon	4:07	2.8	4:34	3.2	10:03	0.8	11:06	1.0	5:37	6:13	
14	Tue	4:55	2.6	5:17	3.2	10:36	1.0			5:38	6:11	
15	Wed	5:45	2.6	6:05	3.2	12:14	1.1	11:30 AM	1.1	5:39	6:10	
16	Thu	6:41	2.5	7:01	3.2	1:26	1.0	1:04	1.1	5:40	6:08	
17	Fri	7:47	2.6	8:07	3.3	2:29	0.9	2:21	1.0	5:41	6:06	
18	Sat	8:56	2.8	9:14	3.5	3:22	0.7	3:21	0.8	5:42	6:05	
19	Sun	9:53	3.0	10:09	3.7	4:11	0.4	4:15	0.5	5:43	6:03	
20	Mon	10:41	3.4	10:58	4.0	4:58	0.1	5:08	0.2	5:44	6:01	
21	Tue	11:25	3.7	11:43	4.1	5:43	-0.1	6:00	0.0	5:45	5:59	
22	Wed			12:09	3.9	6:29	-0.3	6:51	-0.2	5:46	5:58	
23	Thu	12:29	4.1	12:54	4.1	7:14	-0.4	7:42	-0.3	5:47	5:56	
24	Fri	1:17	4.0	1:42	4.2	7:58	-0.4	8:32	-0.2	5:48	5:54	
25	Sat	2:09	3.8	2:35	4.1	8:43	-0.3	9:23	-0.1	5:49	5:52	
26	Sun	3:06	3.6	3:32	4.0	9:29	-0.1	10:19	0.1	5:50	5:51	
27	Mon	4:08	3.4	4:33	3.8	10:21	0.2	11:22	0.4	5:51	5:49	
28	Tue	5:12	3.2	5:35	3.7	11:23	0.5			5:52	5:47	
29	Wed	6:14	3.0	6:36	3.5	12:32	0.5	12:34	0.7	5:54	5:45	
30	Thu	7:17	3.0	7:40	3.4	1:41	0.5	1:44	0.7	5:55	5:44	