US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 1709

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**11:48**	4.2			**5:54**	-0.3	**6:31**	-0.3	6:32	4:54	
2	Sat	**12:08**	3.6	**12:32**	4.2	**6:41**	-0.3	**7:21**	-0.3	6:33	4:53	
3	Sun	**12:56**	3.5	**1:17**	4.1	**7:28**	-0.1	**8:08**	-0.2	6:34	4:52	
4	Mon	**1:46**	3.3	**2:04**	3.9	**8:12**	0.1	**8:54**	0.0	6:35	4:51	
5	Tue	**2:39**	3.1	**2:55**	3.6	**8:56**	0.3	**9:41**	0.2	6:37	4:50	
6	Wed	**3:36**	2.9	**3:51**	3.4	**9:40**	0.6	**10:32**	0.4	6:38	4:48	
7	Thu	**4:35**	2.8	**4:47**	3.2	**10:30**	0.8	**11:28**	0.6	6:39	4:47	
8	Fri	**5:31**	2.7	**5:41**	3.1	**11:31**	1.0			6:40	4:46	
9	Sat	**6:23**	2.7	**6:33**	3.0	**12:28**	0.7	**12:40**	1.0	6:42	4:45	
10	Sun	**7:14**	2.7	**7:25**	2.9	**1:25**	0.7	**1:44**	1.0	6:43	4:44	
11	Mon	**8:07**	2.8	**8:19**	2.8	**2:15**	0.6	**2:40**	0.9	6:44	4:43	
12	Tue	**8:58**	2.9	**9:12**	2.9	**2:59**	0.5	**3:29**	0.7	6:45	4:42	
13	Wed	**9:43**	3.1	**9:59**	2.9	**3:39**	0.4	**4:14**	0.6	6:47	4:41	
14	Thu	**10:23**	3.3	**10:41**	3.0	**4:18**	0.3	**4:58**	0.4	6:48	4:40	
15	Fri	**10:57**	3.5	**11:19**	3.0	**4:56**	0.2	**5:41**	0.3	6:49	4:39	
16	Sat	**11:28**	3.6	**11:55**	3.0	**5:34**	0.2	**6:24**	0.1	6:50	4:39	
17	Sun	**11:59**	3.7			**6:14**	0.2	**7:08**	0.0	6:51	4:38	
18	Mon	**12:32**	3.0	**12:33**	3.7	**6:55**	0.2	**7:51**	0.0	6:53	4:37	
19	Tue	**1:12**	2.9	**1:11**	3.7	**7:36**	0.2	**8:35**	0.0	6:54	4:36	
20	Wed	**1:58**	2.8	**1:57**	3.7	**8:19**	0.2	**9:20**	0.1	6:55	4:36	
21	Thu	**2:53**	2.8	**2:53**	3.6	**9:04**	0.2	**10:09**	0.1	6:56	4:35	
22	Fri	**3:57**	2.8	**3:58**	3.4	**9:56**	0.3	**11:07**	0.2	6:57	4:34	
23	Sat	**5:01**	2.9	**5:05**	3.3	**11:03**	0.5			6:59	4:34	
24	Sun	**6:00**	3.0	**6:07**	3.3	**12:10**	0.2	**12:21**	0.5	7:00	4:33	
25	Mon	**6:58**	3.1	**7:08**	3.2	**1:12**	0.1	**1:35**	0.4	7:01	4:33	
26	Tue	**7:58**	3.3	**8:13**	3.1	**2:10**	0.0	**2:40**	0.2	7:02	4:32	
27	Wed	**8:58**	3.5	**9:16**	3.1	**3:03**	-0.1	**3:38**	0.1	7:03	4:32	
28	Thu	**9:53**	3.7	**10:14**	3.1	**3:54**	-0.2	**4:32**	-0.1	7:04	4:31	
29	Fri	**10:43**	3.9	**11:05**	3.2	**4:43**	-0.2	**5:24**	-0.2	7:05	4:31	
30	Sat	**11:29**	3.9	**11:53**	3.1	**5:31**	-0.2	**6:15**	-0.3	7:06	4:30	