US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 1719

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:47	3.5	2:12	3.4	8:22	0.2	8:41	0.4	5:24	6:34	
2	Sat	2:26	3.4	2:51	3.3	8:55	0.3	9:18	0.6	5:25	6:32	
3	Sun	3:07	3.2	3:30	3.3	9:26	0.4	9:56	0.7	5:26	6:30	
4	Mon	3:50	3.0	4:09	3.2	9:55	0.6	10:37	0.9	5:27	6:29	
5	Tue	4:35	2.9	4:48	3.2	10:27	0.7	11:32	1.0	5:28	6:27	
6	Wed	5:21	2.8	5:29	3.2	11:09	0.8			5:29	6:25	
7	Thu	6:09	2.7	6:15	3.2	12:41	1.0	12:14	0.9	5:30	6:24	
8	Fri	7:03	2.7	7:10	3.3	1:46	0.9	1:31	0.9	5:31	6:22	
9	Sat	8:05	2.8	8:15	3.4	2:44	0.7	2:36	0.7	5:32	6:20	
10	Sun	9:09	3.0	9:21	3.6	3:36	0.5	3:34	0.5	5:34	6:19	
11	Mon	10:05	3.3	10:17	3.9	4:25	0.3	4:28	0.3	5:35	6:17	
12	Tue	10:54	3.6	11:07	4.1	5:14	0.0	5:21	0.0	5:36	6:15	
13	Wed	11:41	3.9	11:54	4.2	6:02	-0.2	6:14	-0.2	5:37	6:13	
14	Thu			12:28	4.1	6:49	-0.4	7:07	-0.3	5:38	6:12	
15	Fri	12:43	4.2	1:17	4.2	7:36	-0.5	7:58	-0.4	5:39	6:10	
16	Sat	1:34	4.1	2:09	4.2	8:23	-0.4	8:49	-0.3	5:40	6:08	
17	Sun	2:30	3.9	3:06	4.1	9:10	-0.3	9:41	-0.1	5:41	6:07	
18	Mon	3:30	3.7	4:05	4.0	10:00	-0.1	10:39	0.1	5:42	6:05	
19	Tue	4:32	3.5	5:05	3.9	10:56	0.2	11:43	0.3	5:43	6:03	
20	Wed	5:33	3.3	6:03	3.7			12:00	0.4	5:44	6:01	
21	Thu	6:33	3.2	7:01	3.6	12:50	0.4	1:07	0.5	5:45	6:00	
22	Fri	7:35	3.1	8:02	3.5	1:54	0.4	2:11	0.6	5:46	5:58	
23	Sat	8:38	3.1	9:02	3.5	2:53	0.4	3:08	0.6	5:47	5:56	
24	Sun	9:37	3.2	9:57	3.5	3:45	0.3	4:00	0.5	5:48	5:54	
25	Mon	10:27	3.3	10:43	3.6	4:31	0.3	4:48	0.4	5:49	5:53	
26	Tue	11:09	3.4	11:25	3.6	5:15	0.2	5:33	0.4	5:50	5:51	
27	Wed	11:48	3.5			5:56	0.2	6:16	0.3	5:51	5:49	
28	Thu	12:03	3.6	12:25	3.6	6:35	0.1	6:58	0.3	5:52	5:47	
29	Fri	12:40	3.6	1:00	3.6	7:12	0.2	7:38	0.3	5:53	5:46	
30	Sat	1:17	3.5	1:33	3.6	7:47	0.2	8:16	0.4	5:54	5:44	