US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 1757

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**2:26**	4.0	**2:58**	3.9	**9:00**	-0.3	**9:28**	0.0	5:25	6:32	
2	Fri	**3:20**	3.7	**3:52**	3.7	**9:46**	-0.1	**10:20**	0.3	5:26	6:31	
3	Sat	**4:16**	3.5	**4:45**	3.6	**10:33**	0.2	**11:17**	0.5	5:27	6:29	
4	Sun	**5:10**	3.3	**5:36**	3.5	**11:25**	0.5			5:28	6:27	
5	Mon	**6:03**	3.1	**6:27**	3.4	**12:19**	0.7	**12:23**	0.7	5:29	6:26	
6	Tue	**6:56**	2.9	**7:19**	3.3	**1:21**	0.8	**1:22**	0.8	5:30	6:24	
7	Wed	**7:53**	2.8	**8:15**	3.2	**2:20**	0.7	**2:18**	0.9	5:31	6:22	
8	Thu	**8:51**	2.9	**9:12**	3.3	**3:12**	0.7	**3:10**	0.8	5:32	6:21	
9	Fri	**9:46**	3.0	**10:03**	3.4	**3:59**	0.6	**3:58**	0.7	5:33	6:19	
10	Sat	**10:33**	3.1	**10:46**	3.5	**4:43**	0.5	**4:44**	0.6	5:34	6:17	
11	Sun	**11:15**	3.3	**11:25**	3.6	**5:24**	0.4	**5:27**	0.5	5:35	6:16	
12	Mon	**11:53**	3.4	**11:59**	3.6	**6:04**	0.3	**6:10**	0.4	5:36	6:14	
13	Tue			**12:28**	3.5	**6:43**	0.2	**6:52**	0.3	5:37	6:12	
14	Wed	**12:31**	3.6	**1:01**	3.5	**7:20**	0.1	**7:32**	0.3	5:39	6:10	
15	Thu	**1:02**	3.6	**1:33**	3.5	**7:55**	0.1	**8:11**	0.3	5:40	6:09	
16	Fri	**1:34**	3.5	**2:05**	3.6	**8:28**	0.2	**8:49**	0.3	5:41	6:07	
17	Sat	**2:10**	3.4	**2:43**	3.6	**9:00**	0.3	**9:29**	0.4	5:42	6:05	
18	Sun	**2:54**	3.3	**3:29**	3.6	**9:34**	0.4	**10:16**	0.5	5:43	6:03	
19	Mon	**3:49**	3.1	**4:25**	3.6	**10:16**	0.5	**11:17**	0.6	5:44	6:02	
20	Tue	**4:51**	3.1	**5:25**	3.6	**11:14**	0.6			5:45	6:00	
21	Wed	**5:56**	3.0	**6:28**	3.6	**12:32**	0.6	**12:36**	0.6	5:46	5:58	
22	Thu	**7:04**	3.1	**7:36**	3.7	**1:43**	0.5	**1:53**	0.6	5:47	5:56	
23	Fri	**8:16**	3.2	**8:46**	3.8	**2:46**	0.3	**2:59**	0.4	5:48	5:55	
24	Sat	**9:25**	3.4	**9:51**	3.9	**3:42**	0.1	**3:59**	0.2	5:49	5:53	
25	Sun	**10:23**	3.7	**10:46**	4.1	**4:35**	-0.1	**4:55**	0.0	5:50	5:51	
26	Mon	**11:15**	3.9	**11:36**	4.1	**5:26**	-0.3	**5:48**	-0.2	5:51	5:50	
27	Tue			**12:03**	4.1	**6:15**	-0.4	**6:40**	-0.2	5:52	5:48	
28	Wed	**12:24**	4.1	**12:50**	4.1	**7:02**	-0.4	**7:30**	-0.2	5:53	5:46	
29	Thu	**1:12**	4.0	**1:37**	4.0	**7:48**	-0.3	**8:18**	-0.2	5:54	5:44	
30	Fri	**2:01**	3.8	**2:25**	3.9	**8:31**	-0.2	**9:05**	0.0	5:55	5:43	