US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**2:23**	4.1	**2:56**	4.0	**9:02**	-0.4	**9:31**	-0.1	5:26	6:32	
2	Mon	**3:21**	3.8	**3:54**	3.9	**9:50**	-0.3	**10:27**	0.1	5:27	6:30	
3	Tue	**4:21**	3.6	**4:52**	3.8	**10:42**	0.0	**11:30**	0.3	5:28	6:28	
4	Wed	**5:20**	3.4	**5:49**	3.7	**11:41**	0.3			5:29	6:27	
5	Thu	**6:17**	3.2	**6:45**	3.6	**12:36**	0.4	**12:44**	0.5	5:30	6:25	
6	Fri	**7:16**	3.1	**7:43**	3.5	**1:42**	0.5	**1:47**	0.6	5:31	6:23	
7	Sat	**8:18**	3.0	**8:44**	3.4	**2:42**	0.5	**2:46**	0.6	5:32	6:22	
8	Sun	**9:19**	3.1	**9:41**	3.5	**3:36**	0.4	**3:39**	0.6	5:33	6:20	
9	Mon	**10:12**	3.2	**10:30**	3.5	**4:24**	0.4	**4:27**	0.5	5:34	6:18	
10	Tue	**10:58**	3.3	**11:13**	3.6	**5:09**	0.3	**5:13**	0.5	5:35	6:17	
11	Wed	**11:39**	3.4	**11:51**	3.6	**5:51**	0.2	**5:57**	0.4	5:36	6:15	
12	Thu			**12:18**	3.5	**6:31**	0.2	**6:39**	0.4	5:37	6:13	
13	Fri	**12:27**	3.6	**12:55**	3.5	**7:09**	0.2	**7:20**	0.3	5:38	6:11	
14	Sat	**1:02**	3.5	**1:31**	3.5	**7:44**	0.2	**7:58**	0.4	5:39	6:10	
15	Sun	**1:35**	3.4	**2:05**	3.5	**8:18**	0.3	**8:34**	0.4	5:40	6:08	
16	Mon	**2:08**	3.3	**2:38**	3.4	**8:48**	0.4	**9:09**	0.5	5:41	6:06	
17	Tue	**2:40**	3.1	**3:11**	3.3	**9:15**	0.5	**9:44**	0.7	5:42	6:04	
18	Wed	**3:16**	3.0	**3:48**	3.3	**9:41**	0.6	**10:25**	0.8	5:43	6:03	
19	Thu	**4:02**	2.9	**4:32**	3.3	**10:14**	0.8	**11:21**	0.9	5:44	6:01	
20	Fri	**4:57**	2.8	**5:24**	3.3	**11:02**	0.9			5:45	5:59	
21	Sat	**5:55**	2.8	**6:22**	3.4	**12:37**	0.9	**12:21**	0.9	5:46	5:58	
22	Sun	**6:59**	2.8	**7:27**	3.5	**1:47**	0.7	**1:48**	0.8	5:47	5:56	
23	Mon	**8:10**	3.0	**8:38**	3.6	**2:48**	0.5	**2:56**	0.6	5:48	5:54	
24	Tue	**9:18**	3.2	**9:43**	3.8	**3:43**	0.3	**3:55**	0.3	5:49	5:52	
25	Wed	**10:16**	3.6	**10:39**	4.1	**4:34**	0.0	**4:50**	0.0	5:50	5:51	
26	Thu	**11:07**	3.9	**11:29**	4.2	**5:24**	-0.3	**5:45**	-0.2	5:51	5:49	
27	Fri	**11:56**	4.1			**6:13**	-0.4	**6:39**	-0.3	5:53	5:47	
28	Sat	**12:19**	4.2	**12:45**	4.2	**7:02**	-0.5	**7:31**	-0.4	5:54	5:45	
29	Sun	**1:10**	4.1	**1:36**	4.3	**7:50**	-0.5	**8:22**	-0.4	5:55	5:44	
30	Mon	**2:03**	4.0	**2:29**	4.2	**8:37**	-0.4	**9:13**	-0.2	5:56	5:42	