US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**6:27**	3.4	**6:57**	3.7	**12:40**	0.3	**12:51**	0.2	6:21	7:29	
2	Tue	**7:26**	3.3	**7:55**	3.6	**1:48**	0.4	**1:56**	0.4	6:23	7:27	
3	Wed	**8:27**	3.2	**8:56**	3.6	**2:53**	0.4	**3:00**	0.4	6:24	7:25	
4	Thu	**9:31**	3.1	**9:58**	3.6	**3:53**	0.4	**3:59**	0.5	6:25	7:24	
5	Fri	**10:32**	3.2	**10:56**	3.6	**4:48**	0.3	**4:53**	0.4	6:26	7:22	
6	Sat	**11:26**	3.3	**11:44**	3.7	**5:37**	0.2	**5:43**	0.4	6:27	7:20	
7	Sun			**12:12**	3.4	**6:23**	0.2	**6:30**	0.3	6:28	7:19	
8	Mon	**12:27**	3.7	**12:54**	3.5	**7:07**	0.1	**7:15**	0.3	6:29	7:17	
9	Tue	**1:06**	3.7	**1:33**	3.5	**7:48**	0.1	**7:58**	0.3	6:30	7:15	
10	Wed	**1:44**	3.6	**2:12**	3.6	**8:26**	0.1	**8:38**	0.3	6:31	7:13	
11	Thu	**2:21**	3.5	**2:50**	3.5	**9:02**	0.2	**9:17**	0.4	6:32	7:12	
12	Fri	**2:57**	3.4	**3:28**	3.4	**9:36**	0.3	**9:53**	0.5	6:33	7:10	
13	Sat	**3:34**	3.2	**4:06**	3.4	**10:06**	0.4	**10:29**	0.6	6:34	7:08	
14	Sun	**4:12**	3.1	**4:44**	3.3	**10:34**	0.6	**11:06**	0.7	6:35	7:06	
15	Mon	**4:53**	2.9	**5:24**	3.2	**11:02**	0.7	**11:51**	0.9	6:36	7:05	
16	Tue	**5:39**	2.8	**6:06**	3.2	**11:36**	0.9			6:37	7:03	
17	Wed	**6:29**	2.7	**6:53**	3.2	**12:54**	0.9	**12:30**	1.0	6:38	7:01	
18	Thu	**7:22**	2.7	**7:46**	3.3	**2:05**	0.9	**1:57**	1.0	6:39	7:00	
19	Fri	**8:24**	2.8	**8:49**	3.4	**3:09**	0.8	**3:11**	0.8	6:40	6:58	
20	Sat	**9:32**	3.0	**9:56**	3.6	**4:05**	0.6	**4:12**	0.6	6:41	6:56	
21	Sun	**10:34**	3.2	**10:56**	3.8	**4:56**	0.3	**5:07**	0.4	6:42	6:54	
22	Mon	**11:27**	3.5	**11:48**	4.0	**5:45**	0.0	**6:01**	0.1	6:43	6:53	
23	Tue			**12:15**	3.8	**6:34**	-0.2	**6:54**	-0.1	6:44	6:51	
24	Wed	**12:36**	4.2	**1:02**	4.1	**7:22**	-0.4	**7:47**	-0.3	6:45	6:49	
25	Thu	**1:25**	4.2	**1:50**	4.2	**8:10**	-0.5	**8:39**	-0.4	6:46	6:47	
26	Fri	**2:16**	4.1	**2:41**	4.2	**8:58**	-0.5	**9:30**	-0.3	6:47	6:46	
27	Sat	**3:10**	4.0	**3:36**	4.2	**9:45**	-0.4	**10:22**	-0.2	6:48	6:44	
28	Sun	**4:08**	3.7	**4:35**	4.0	**10:33**	-0.2	**11:17**	0.0	6:49	6:42	
29	Mon	**5:10**	3.5	**5:36**	3.9	**11:26**	0.1			6:50	6:40	
30	Tue	**6:12**	3.4	**6:35**	3.7	**12:19**	0.2	**12:27**	0.4	6:51	6:39	