US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:34	3.0	6:51	3.4	12:39	0.3	12:43	0.6	7:27	5:51	
2	Fri	7:34	3.0	7:50	3.2	1:46	0.4	1:55	0.7	7:28	5:49	
3	Sat	8:32	3.0	8:48	3.1	2:47	0.4	3:01	0.7	7:30	5:48	
4	Sun	8:29	3.1	8:46	3.1	2:41	0.3	2:58	0.6	6:31	4:47	
5	Mon	9:22	3.2	9:39	3.1	3:27	0.3	3:48	0.5	6:32	4:46	
6	Tue	10:08	3.4	10:24	3.1	4:09	0.3	4:34	0.4	6:33	4:45	
7	Wed	10:48	3.5	11:05	3.1	4:48	0.2	5:18	0.3	6:34	4:43	
8	Thu	11:24	3.6	11:42	3.1	5:26	0.2	6:00	0.2	6:36	4:42	
9	Fri	11:59	3.7			6:03	0.3	6:41	0.2	6:37	4:41	
10	Sat	12:18	3.0	12:32	3.6	6:40	0.3	7:22	0.2	6:38	4:40	
11	Sun	12:54	2.9	1:03	3.5	7:16	0.4	8:00	0.2	6:39	4:39	
12	Mon	1:30	2.8	1:34	3.4	7:51	0.5	8:38	0.3	6:41	4:38	
13	Tue	2:07	2.7	2:06	3.3	8:23	0.6	9:15	0.4	6:42	4:37	
14	Wed	2:49	2.6	2:45	3.2	8:54	0.7	9:54	0.5	6:43	4:36	
15	Thu	3:39	2.5	3:34	3.2	9:29	0.7	10:40	0.5	6:44	4:35	
16	Fri	4:35	2.5	4:32	3.1	10:15	0.8	11:38	0.5	6:45	4:35	
17	Sat	5:28	2.6	5:31	3.1	11:24	0.9			6:47	4:34	
18	Sun	6:20	2.8	6:29	3.1	12:40	0.5	12:54	0.8	6:48	4:33	
19	Mon	7:15	3.0	7:30	3.1	1:38	0.3	2:06	0.6	6:49	4:32	
20	Tue	8:13	3.3	8:35	3.2	2:31	0.2	3:08	0.3	6:50	4:31	
21	Wed	9:12	3.6	9:38	3.3	3:22	0.0	4:04	0.0	6:51	4:31	
22	Thu	10:06	3.9	10:33	3.3	4:11	-0.2	4:58	-0.2	6:53	4:30	
23	Fri	10:56	4.1	11:26	3.4	5:01	-0.3	5:53	-0.4	6:54	4:30	
24	Sat	11:45	4.2			5:53	-0.4	6:46	-0.5	6:55	4:29	
25	Sun	12:17	3.4	12:35	4.2	6:45	-0.4	7:39	-0.5	6:56	4:28	
26	Mon	1:11	3.3	1:28	4.0	7:38	-0.3	8:30	-0.4	6:57	4:28	
27	Tue	2:09	3.2	2:24	3.8	8:29	-0.2	9:21	-0.3	6:58	4:27	
28	Wed	3:11	3.1	3:25	3.6	9:20	0.0	10:14	-0.1	6:59	4:27	
29	Thu	4:13	3.0	4:26	3.4	10:15	0.3	11:10	0.0	7:00	4:27	
30	Fri	5:12	3.0	5:24	3.2	11:17	0.5			7:01	4:26	