
































Poughkeepsie, NY - Sep 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:37	3.4	4:02	3.7	10:13	0.1	10:54	0.4	6:21	7:29	
2	Wed	4:29	3.2	4:54	3.7	10:52	0.3	11:51	0.6	6:22	7:27	
3	Thu	5:29	3.1	5:54	3.7	11:40	0.4			6:23	7:26	
4	Fri	6:33	2.9	6:57	3.6	1:03	0.7	12:48	0.6	6:25	7:24	
5	Sat	7:39	2.9	8:04	3.6	2:19	0.7	2:10	0.6	6:26	7:22	
6	Sun	8:50	2.9	9:18	3.6	3:27	0.5	3:24	0.5	6:27	7:21	
7	Mon	10:03	3.1	10:28	3.7	4:27	0.3	4:29	0.4	6:28	7:19	
8	Tue	11:06	3.3	11:27	3.9	5:21	0.1	5:27	0.2	6:29	7:17	
9	Wed			12:00	3.6	6:11	-0.1	6:21	0.1	6:30	7:15	
10	Thu	12:17	3.9	12:47	3.8	6:59	-0.2	7:13	0.0	6:31	7:14	
11	Fri	1:02	4.0	1:32	3.9	7:45	-0.2	8:02	0.0	6:32	7:12	
12	Sat	1:46	3.9	2:16	3.9	8:28	-0.2	8:48	0.0	6:33	7:10	
13	Sun	2:30	3.7	2:59	3.8	9:09	-0.1	9:32	0.1	6:34	7:08	
14	Mon	3:15	3.5	3:43	3.7	9:47	0.1	10:15	0.3	6:35	7:07	
15	Tue	4:02	3.2	4:29	3.6	10:23	0.4	10:59	0.5	6:36	7:05	
16	Wed	4:53	3.0	5:17	3.4	11:00	0.6	11:47	0.7	6:37	7:03	
17	Thu	5:46	2.8	6:07	3.3	11:39	0.9			6:38	7:02	
18	Fri	6:38	2.7	6:57	3.2	12:46	0.9	12:33	1.1	6:39	7:00	
19	Sat	7:32	2.6	7:50	3.1	1:51	1.0	1:45	1.2	6:40	6:58	
20	Sun	8:29	2.6	8:47	3.1	2:53	1.0	2:53	1.2	6:41	6:56	
21	Mon	9:30	2.6	9:46	3.2	3:47	0.9	3:50	1.1	6:42	6:55	
22	Tue	10:26	2.8	10:39	3.3	4:34	0.7	4:40	0.9	6:43	6:53	
23	Wed	11:12	3.0	11:23	3.4	5:17	0.5	5:26	0.7	6:44	6:51	
24	Thu	11:51	3.3			5:57	0.4	6:11	0.5	6:45	6:49	
25	Fri	12:02	3.6	12:25	3.5	6:36	0.2	6:55	0.3	6:46	6:48	
26	Sat	12:37	3.6	12:57	3.7	7:15	0.1	7:40	0.2	6:47	6:46	
27	Sun	1:13	3.7	1:30	3.8	7:53	0.0	8:24	0.1	6:48	6:44	
28	Mon	1:51	3.6	2:07	3.9	8:32	0.0	9:09	0.1	6:49	6:42	
29	Tue	2:33	3.5	2:48	4.0	9:10	0.0	9:54	0.1	6:50	6:41	
30	Wed	3:21	3.3	3:37	3.9	9:51	0.1	10:43	0.3	6:51	6:39	