US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:46	3.1	4:03	3.4	10:15	0.4	10:54	0.7	6:22	7:28	
2	Sat	4:28	2.9	4:46	3.4	10:45	0.5	11:41	0.8	6:23	7:27	
3	Sun	5:21	2.8	5:39	3.4	11:25	0.6			6:24	7:25	
4	Mon	6:21	2.7	6:38	3.4	12:53	0.9	12:21	0.7	6:25	7:23	
5	Tue	7:25	2.7	7:44	3.5	2:14	0.9	1:47	0.8	6:26	7:22	
6	Wed	8:36	2.8	8:57	3.6	3:23	0.7	3:11	0.7	6:27	7:20	
7	Thu	9:51	3.0	10:12	3.7	4:22	0.5	4:19	0.4	6:28	7:18	
8	Fri	10:56	3.3	11:14	3.9	5:16	0.2	5:19	0.2	6:29	7:16	
9	Sat	11:51	3.6			6:06	-0.1	6:15	0.0	6:30	7:15	
10	Sun	12:07	4.1	12:40	3.9	6:55	-0.3	7:10	-0.2	6:31	7:13	
11	Mon	12:57	4.1	1:28	4.1	7:43	-0.4	8:03	-0.3	6:32	7:11	
12	Tue	1:45	4.1	2:17	4.2	8:30	-0.4	8:54	-0.3	6:33	7:10	
13	Wed	2:34	3.9	3:06	4.1	9:15	-0.3	9:43	-0.1	6:34	7:08	
14	Thu	3:26	3.7	3:58	4.0	9:59	-0.1	10:32	0.1	6:35	7:06	
15	Fri	4:21	3.4	4:52	3.8	10:44	0.1	11:25	0.3	6:36	7:04	
16	Sat	5:19	3.2	5:47	3.6	11:32	0.5			6:37	7:03	
17	Sun	6:17	3.0	6:42	3.4	12:24	0.6	12:29	0.8	6:38	7:01	
18	Mon	7:14	2.8	7:36	3.3	1:29	0.7	1:35	1.0	6:39	6:59	
19	Tue	8:12	2.7	8:34	3.2	2:35	0.8	2:41	1.0	6:40	6:57	
20	Wed	9:12	2.7	9:33	3.2	3:33	0.8	3:40	1.0	6:41	6:56	
21	Thu	10:11	2.8	10:29	3.3	4:23	0.7	4:31	0.9	6:42	6:54	
22	Fri	11:02	3.0	11:17	3.4	5:07	0.6	5:18	0.7	6:43	6:52	
23	Sat	11:44	3.2	11:57	3.4	5:47	0.5	6:01	0.6	6:44	6:50	
24	Sun			12:21	3.4	6:25	0.4	6:44	0.5	6:45	6:49	
25	Mon	12:34	3.5	12:55	3.5	7:02	0.3	7:25	0.4	6:46	6:47	
26	Tue	1:07	3.5	1:25	3.6	7:38	0.2	8:05	0.4	6:47	6:45	
27	Wed	1:39	3.4	1:52	3.6	8:12	0.2	8:44	0.4	6:49	6:43	
28	Thu	2:10	3.3	2:19	3.6	8:44	0.3	9:21	0.4	6:50	6:42	
29	Fri	2:43	3.2	2:48	3.6	9:15	0.4	9:58	0.5	6:51	6:40	
30	Sat	3:20	3.0	3:26	3.6	9:47	0.4	10:39	0.6	6:52	6:38	