US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:07	2.9	4:15	3.6	10:22	0.5	11:29	0.7	6:53	6:37	
2	Mon	5:07	2.8	5:16	3.5	11:06	0.7			6:54	6:35	
3	Tue	6:15	2.8	6:24	3.5	12:38	0.8	12:11	0.8	6:55	6:33	
4	Wed	7:21	2.8	7:33	3.5	1:55	0.7	1:43	0.8	6:56	6:32	
5	Thu	8:28	3.0	8:45	3.5	3:02	0.6	3:03	0.6	6:57	6:30	
6	Fri	9:37	3.2	9:55	3.6	3:59	0.3	4:08	0.4	6:58	6:28	
7	Sat	10:38	3.5	10:57	3.8	4:51	0.1	5:07	0.2	6:59	6:27	
8	Sun	11:32	3.9	11:49	3.9	5:41	-0.1	6:01	-0.1	7:00	6:25	
9	Mon			12:20	4.1	6:28	-0.3	6:54	-0.2	7:01	6:23	
10	Tue	12:37	3.9	1:06	4.2	7:16	-0.3	7:46	-0.3	7:03	6:22	
11	Wed	1:24	3.8	1:51	4.2	8:02	-0.3	8:35	-0.2	7:04	6:20	
12	Thu	2:12	3.7	2:37	4.1	8:47	-0.2	9:23	-0.1	7:05	6:18	
13	Fri	3:02	3.5	3:25	3.9	9:31	0.0	10:10	0.1	7:06	6:17	
14	Sat	3:56	3.2	4:17	3.7	10:14	0.3	10:58	0.3	7:07	6:15	
15	Sun	4:54	3.0	5:13	3.5	11:00	0.6	11:52	0.5	7:08	6:14	
16	Mon	5:53	2.8	6:10	3.3	11:52	0.9			7:09	6:12	
17	Tue	6:49	2.7	7:04	3.2	12:53	0.7	12:58	1.1	7:10	6:11	
18	Wed	7:44	2.7	7:58	3.1	1:57	0.8	2:06	1.1	7:12	6:09	
19	Thu	8:38	2.7	8:54	3.0	2:54	0.8	3:08	1.0	7:13	6:07	
20	Fri	9:34	2.9	9:49	3.1	3:44	0.7	4:01	0.9	7:14	6:06	
21	Sat	10:25	3.0	10:39	3.1	4:27	0.6	4:49	0.8	7:15	6:05	
22	Sun	11:09	3.2	11:23	3.2	5:07	0.5	5:33	0.6	7:16	6:03	
23	Mon	11:46	3.4			5:45	0.3	6:15	0.5	7:17	6:02	
24	Tue	12:01	3.2	12:19	3.6	6:22	0.3	6:58	0.3	7:18	6:00	
25	Wed	12:37	3.2	12:49	3.7	6:59	0.2	7:40	0.2	7:20	5:59	
26	Thu	1:11	3.2	1:17	3.7	7:36	0.2	8:22	0.2	7:21	5:57	
27	Fri	1:45	3.2	1:47	3.8	8:13	0.2	9:03	0.2	7:22	5:56	
28	Sat	2:22	3.1	2:23	3.8	8:50	0.3	9:45	0.2	7:23	5:55	
29	Sun	3:06	3.0	3:07	3.7	9:29	0.3	10:30	0.3	7:24	5:53	
30	Mon	4:00	2.9	4:02	3.6	10:12	0.4	11:21	0.4	7:26	5:52	
31	Tue	5:06	2.8	5:09	3.5	11:03	0.5			7:27	5:51	