US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:12	2.8	6:18	3.4	12:24	0.5	12:13	0.6	7:28	5:50	
2	Thu	7:15	3.0	7:24	3.4	1:33	0.4	1:37	0.6	7:29	5:48	
3	Fri	8:16	3.1	8:29	3.4	2:36	0.3	2:51	0.5	7:30	5:47	
4	Sat	9:18	3.4	9:35	3.4	3:33	0.1	3:55	0.3	7:32	5:46	
5	Sun	9:18	3.6	9:36	3.4	3:25	-0.1	3:53	0.1	6:33	4:45	
6	Mon	10:11	3.9	10:30	3.5	4:15	-0.2	4:46	-0.1	6:34	4:44	
7	Tue	10:59	4.0	11:19	3.5	5:02	-0.3	5:38	-0.2	6:35	4:43	
8	Wed	11:44	4.1			5:49	-0.3	6:28	-0.3	6:37	4:41	
9	Thu	12:06	3.4	12:28	4.1	6:36	-0.2	7:17	-0.2	6:38	4:40	
10	Fri	12:53	3.3	1:12	3.9	7:22	0.0	8:04	-0.2	6:39	4:39	
11	Sat	1:42	3.1	1:58	3.7	8:06	0.1	8:49	0.0	6:40	4:38	
12	Sun	2:33	3.0	2:47	3.5	8:49	0.3	9:33	0.2	6:41	4:37	
13	Mon	3:28	2.8	3:40	3.3	9:31	0.6	10:20	0.4	6:43	4:36	
14	Tue	4:25	2.7	4:35	3.1	10:17	0.8	11:12	0.5	6:44	4:36	
15	Wed	5:19	2.6	5:27	3.0	11:14	0.9			6:45	4:35	
16	Thu	6:09	2.6	6:17	2.9	12:08	0.6	12:21	1.0	6:46	4:34	
17	Fri	6:58	2.7	7:06	2.8	1:04	0.6	1:26	1.0	6:47	4:33	
18	Sat	7:47	2.8	7:58	2.8	1:54	0.6	2:24	0.9	6:49	4:32	
19	Sun	8:37	2.9	8:52	2.8	2:40	0.5	3:14	0.7	6:50	4:32	
20	Mon	9:24	3.1	9:42	2.8	3:22	0.4	4:01	0.5	6:51	4:31	
21	Tue	10:05	3.3	10:27	2.9	4:02	0.3	4:46	0.4	6:52	4:30	
22	Wed	10:41	3.5	11:07	2.9	4:41	0.2	5:31	0.2	6:53	4:30	
23	Thu	11:16	3.6	11:46	3.0	5:22	0.2	6:16	0.0	6:55	4:29	
24	Fri	11:50	3.7			6:04	0.1	7:02	-0.1	6:56	4:28	
25	Sat	12:26	3.0	12:28	3.8	6:49	0.1	7:47	-0.1	6:57	4:28	
26	Sun	1:09	2.9	1:11	3.8	7:34	0.0	8:32	-0.1	6:58	4:27	
27	Mon	1:58	2.9	2:01	3.7	8:20	0.0	9:19	-0.1	6:59	4:27	
28	Tue	2:56	2.9	3:00	3.6	9:09	0.1	10:08	0.0	7:00	4:27	
29	Wed	3:59	2.9	4:05	3.5	10:03	0.2	11:05	0.0	7:01	4:26	
30	Thu	5:02	3.0	5:09	3.3	11:09	0.3			7:02	4:26	