US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:07	4.1	1:40	4.0	8:00	-0.4	8:18	-0.3	6:22	7:29	
2	Sun	1:55	4.1	2:29	4.1	8:46	-0.4	9:09	-0.3	6:23	7:27	
3	Mon	2:46	3.9	3:21	4.1	9:31	-0.4	9:59	-0.2	6:24	7:25	
4	Tue	3:40	3.7	4:17	4.1	10:16	-0.2	10:52	0.0	6:25	7:24	
5	Wed	4:39	3.5	5:15	3.9	11:05	0.0	11:50	0.3	6:26	7:22	
6	Thu	5:41	3.3	6:14	3.8			12:01	0.3	6:27	7:20	
7	Fri	6:42	3.1	7:12	3.6	12:56	0.5	1:06	0.5	6:28	7:19	
8	Sat	7:43	3.0	8:12	3.5	2:05	0.6	2:15	0.7	6:29	7:17	
9	Sun	8:47	2.9	9:14	3.4	3:10	0.6	3:20	0.7	6:30	7:15	
10	Mon	9:52	2.9	10:16	3.4	4:08	0.5	4:17	0.7	6:31	7:13	
11	Tue	10:50	3.0	11:09	3.5	4:58	0.4	5:09	0.6	6:32	7:12	
12	Wed	11:38	3.2	11:53	3.6	5:43	0.4	5:56	0.5	6:33	7:10	
13	Thu			12:19	3.3	6:25	0.3	6:40	0.5	6:34	7:08	
14	Fri	12:33	3.6	12:56	3.5	7:04	0.2	7:23	0.4	6:35	7:06	
15	Sat	1:09	3.6	1:31	3.5	7:41	0.2	8:04	0.4	6:36	7:05	
16	Sun	1:45	3.5	2:04	3.6	8:16	0.2	8:43	0.4	6:37	7:03	
17	Mon	2:19	3.4	2:35	3.5	8:49	0.3	9:20	0.5	6:38	7:01	
18	Tue	2:54	3.2	3:04	3.5	9:19	0.4	9:55	0.6	6:39	7:00	
19	Wed	3:28	3.0	3:32	3.4	9:47	0.5	10:29	0.7	6:40	6:58	
20	Thu	4:06	2.9	4:05	3.3	10:14	0.6	11:07	0.8	6:41	6:56	
21	Fri	4:51	2.7	4:48	3.3	10:45	0.8	11:57	0.9	6:42	6:54	
22	Sat	5:45	2.7	5:42	3.3	11:26	0.9			6:43	6:53	
23	Sun	6:43	2.6	6:43	3.3	1:11	1.0	12:29	1.0	6:44	6:51	
24	Mon	7:43	2.7	7:48	3.3	2:25	0.9	2:02	0.9	6:45	6:49	
25	Tue	8:49	2.8	8:59	3.5	3:26	0.7	3:20	0.8	6:46	6:47	
26	Wed	9:54	3.1	10:08	3.6	4:20	0.4	4:23	0.5	6:47	6:46	
27	Thu	10:52	3.5	11:07	3.8	5:09	0.2	5:19	0.2	6:48	6:44	
28	Fri	11:43	3.8	11:58	4.0	5:56	-0.1	6:14	-0.1	6:49	6:42	
29	Sat			12:30	4.1	6:43	-0.3	7:07	-0.3	6:50	6:40	
30	Sun	12:47	4.0	1:16	4.3	7:31	-0.4	8:00	-0.4	6:51	6:39	