US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:35	4.0	2:04	4.4	8:18	-0.4	8:52	-0.4	6:53	6:37	
2	Tue	2:26	3.8	2:55	4.3	9:05	-0.3	9:42	-0.2	6:54	6:35	
3	Wed	3:21	3.6	3:50	4.1	9:53	-0.1	10:34	0.0	6:55	6:34	
4	Thu	4:21	3.4	4:49	3.9	10:42	0.1	11:29	0.2	6:56	6:32	
5	Fri	5:25	3.2	5:51	3.7	11:37	0.5			6:57	6:30	
6	Sat	6:28	3.0	6:50	3.5	12:32	0.4	12:43	0.7	6:58	6:29	
7	Sun	7:27	2.9	7:48	3.4	1:40	0.6	1:53	0.9	6:59	6:27	
8	Mon	8:27	2.9	8:47	3.3	2:44	0.6	2:59	0.9	7:00	6:25	
9	Tue	9:26	3.0	9:46	3.2	3:40	0.6	3:56	0.8	7:01	6:24	
10	Wed	10:22	3.1	10:39	3.3	4:28	0.5	4:46	0.7	7:02	6:22	
11	Thu	11:09	3.3	11:24	3.3	5:10	0.4	5:32	0.6	7:03	6:20	
12	Fri	11:49	3.4			5:49	0.3	6:15	0.5	7:04	6:19	
13	Sat	12:04	3.4	12:25	3.6	6:27	0.3	6:57	0.4	7:06	6:17	
14	Sun	12:42	3.3	12:58	3.6	7:04	0.3	7:38	0.3	7:07	6:16	
15	Mon	1:17	3.3	1:29	3.7	7:39	0.3	8:18	0.3	7:08	6:14	
16	Tue	1:51	3.2	1:57	3.6	8:14	0.3	8:56	0.3	7:09	6:12	
17	Wed	2:25	3.1	2:23	3.6	8:47	0.4	9:33	0.4	7:10	6:11	
18	Thu	3:00	2.9	2:51	3.5	9:18	0.5	10:09	0.5	7:11	6:09	
19	Fri	3:38	2.8	3:27	3.4	9:49	0.6	10:49	0.6	7:12	6:08	
20	Sat	4:26	2.7	4:15	3.4	10:24	0.7	11:37	0.7	7:14	6:06	
21	Sun	5:25	2.7	5:15	3.3	11:08	0.8			7:15	6:05	
22	Mon	6:26	2.7	6:21	3.3	12:42	0.7	12:13	0.9	7:16	6:03	
23	Tue	7:25	2.8	7:26	3.3	1:51	0.7	1:45	0.8	7:17	6:02	
24	Wed	8:25	3.0	8:33	3.4	2:53	0.5	3:02	0.6	7:18	6:01	
25	Thu	9:27	3.3	9:41	3.5	3:48	0.3	4:05	0.4	7:19	5:59	
26	Fri	10:26	3.6	10:43	3.6	4:38	0.0	5:02	0.1	7:21	5:58	
27	Sat	11:19	4.0	11:38	3.7	5:27	-0.2	5:57	-0.2	7:22	5:56	
28	Sun			12:08	4.2	6:15	-0.3	6:51	-0.3	7:23	5:55	
29	Mon	12:28	3.7	12:55	4.4	7:04	-0.4	7:44	-0.4	7:24	5:54	
30	Tue	1:18	3.7	1:43	4.3	7:54	-0.4	8:35	-0.4	7:25	5:52	
31	Wed	2:09	3.6	2:33	4.2	8:43	-0.3	9:25	-0.3	7:27	5:51	