US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:32	3.2	10:56	3.6	4:47	0.2	4:54	0.3	6:21	7:29	
2	Sat	11:26	3.4	11:46	3.7	5:37	0.1	5:45	0.3	6:22	7:27	
3	Sun			12:13	3.5	6:24	0.1	6:33	0.3	6:23	7:26	
4	Mon	12:29	3.7	12:56	3.6	7:08	0.0	7:19	0.2	6:24	7:24	
5	Tue	1:09	3.7	1:36	3.6	7:50	0.0	8:02	0.2	6:26	7:22	
6	Wed	1:48	3.6	2:15	3.6	8:29	0.1	8:44	0.3	6:27	7:21	
7	Thu	2:26	3.5	2:54	3.6	9:05	0.2	9:23	0.3	6:28	7:19	
8	Fri	3:04	3.4	3:33	3.5	9:39	0.3	10:00	0.5	6:29	7:17	
9	Sat	3:44	3.2	4:13	3.4	10:11	0.4	10:37	0.6	6:30	7:15	
10	Sun	4:25	3.0	4:55	3.3	10:40	0.6	11:17	0.8	6:31	7:14	
11	Mon	5:10	2.9	5:37	3.2	11:09	0.8			6:32	7:12	
12	Tue	5:57	2.8	6:21	3.2	12:05	0.9	11:46 AM	0.9	6:33	7:10	
13	Wed	6:45	2.7	7:07	3.2	1:08	1.0	12:48	1.0	6:34	7:09	
14	Thu	7:37	2.7	7:59	3.2	2:16	0.9	2:12	1.0	6:35	7:07	
15	Fri	8:36	2.8	9:00	3.3	3:16	0.8	3:20	0.9	6:36	7:05	
16	Sat	9:40	3.0	10:03	3.5	4:09	0.6	4:18	0.6	6:37	7:03	
17	Sun	10:38	3.2	10:59	3.7	4:58	0.3	5:11	0.4	6:38	7:02	
18	Mon	11:28	3.5	11:49	3.9	5:46	0.1	6:03	0.1	6:39	7:00	
19	Tue			12:14	3.8	6:33	-0.1	6:55	-0.1	6:40	6:58	
20	Wed	12:36	4.1	1:00	4.1	7:20	-0.3	7:47	-0.3	6:41	6:56	
21	Thu	1:23	4.1	1:47	4.2	8:07	-0.4	8:39	-0.3	6:42	6:55	
22	Fri	2:13	4.0	2:37	4.2	8:55	-0.4	9:29	-0.3	6:43	6:53	
23	Sat	3:06	3.9	3:32	4.2	9:42	-0.4	10:21	-0.2	6:44	6:51	
24	Sun	4:05	3.7	4:31	4.0	10:31	-0.2	11:16	0.0	6:45	6:49	
25	Mon	5:08	3.5	5:34	3.9	11:25	0.1			6:46	6:48	
26	Tue	6:11	3.4	6:35	3.7	12:18	0.2	12:27	0.3	6:47	6:46	
27	Wed	7:11	3.3	7:34	3.6	1:25	0.4	1:35	0.5	6:48	6:44	
28	Thu	8:11	3.2	8:35	3.5	2:31	0.4	2:42	0.6	6:49	6:43	
29	Fri	9:13	3.2	9:37	3.4	3:31	0.4	3:42	0.6	6:50	6:41	
30	Sat	10:12	3.3	10:34	3.4	4:24	0.3	4:36	0.5	6:51	6:39	