US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2053

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