US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:11	3.5	3:25	3.8	9:48	0.1	10:30	0.2	6:53	6:37	
2	Thu	4:04	3.3	4:19	3.8	10:30	0.2	11:23	0.3	6:54	6:35	
3	Fri	5:05	3.2	5:21	3.7	11:20	0.3			6:55	6:33	
4	Sat	6:10	3.2	6:27	3.6	12:27	0.4	12:26	0.5	6:56	6:31	
5	Sun	7:14	3.2	7:31	3.6	1:37	0.5	1:43	0.5	6:57	6:30	
6	Mon	8:18	3.2	8:38	3.6	2:45	0.4	2:55	0.4	6:58	6:28	
7	Tue	9:24	3.4	9:47	3.6	3:45	0.2	3:59	0.3	6:59	6:26	
8	Wed	10:28	3.6	10:49	3.7	4:40	0.0	4:56	0.1	7:00	6:25	
9	Thu	11:23	3.8	11:42	3.8	5:31	-0.1	5:50	0.0	7:01	6:23	
10	Fri			12:12	4.0	6:20	-0.2	6:42	-0.1	7:03	6:22	
11	Sat	12:30	3.9	12:57	4.1	7:07	-0.3	7:31	-0.2	7:04	6:20	
12	Sun	1:15	3.8	1:40	4.1	7:53	-0.2	8:19	-0.2	7:05	6:18	
13	Mon	2:00	3.7	2:24	4.0	8:36	-0.1	9:04	-0.1	7:06	6:17	
14	Tue	2:45	3.5	3:08	3.8	9:17	0.0	9:47	0.1	7:07	6:15	
15	Wed	3:33	3.3	3:54	3.7	9:57	0.3	10:30	0.3	7:08	6:14	
16	Thu	4:24	3.1	4:43	3.5	10:36	0.5	11:15	0.5	7:09	6:12	
17	Fri	5:17	2.9	5:34	3.3	11:18	0.7			7:10	6:10	
18	Sat	6:10	2.8	6:25	3.2	12:06	0.7	12:08	0.9	7:12	6:09	
19	Sun	7:01	2.8	7:14	3.1	1:04	0.8	1:12	1.1	7:13	6:07	
20	Mon	7:52	2.7	8:05	3.0	2:04	0.8	2:18	1.1	7:14	6:06	
21	Tue	8:46	2.8	8:59	3.0	2:59	0.8	3:17	1.0	7:15	6:04	
22	Wed	9:40	2.9	9:54	3.1	3:49	0.6	4:09	0.8	7:16	6:03	
23	Thu	10:30	3.1	10:44	3.2	4:33	0.5	4:56	0.6	7:17	6:02	
24	Fri	11:12	3.3	11:28	3.3	5:15	0.3	5:41	0.4	7:19	6:00	
25	Sat	11:50	3.5			5:57	0.2	6:26	0.2	7:20	5:59	
26	Sun	12:07	3.5	12:24	3.7	6:38	0.0	7:12	0.0	7:21	5:57	
27	Mon	12:46	3.5	12:59	3.9	7:20	-0.1	7:58	-0.1	7:22	5:56	
28	Tue	1:25	3.5	1:37	4.0	8:02	-0.1	8:44	-0.2	7:23	5:55	
29	Wed	2:08	3.5	2:19	4.0	8:46	-0.1	9:30	-0.2	7:25	5:53	
30	Thu	2:57	3.4	3:08	4.0	9:30	-0.1	10:18	-0.1	7:26	5:52	
31	Fri	3:54	3.3	4:06	3.8	10:17	0.0	11:11	0.0	7:27	5:51	