US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 2053

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