US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2054

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