US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:55	3.0	10:22	3.6	4:13	0.4	4:24	0.5	6:21	7:29	
2	Thu	10:55	3.1	11:16	3.6	5:05	0.3	5:16	0.4	6:22	7:27	
3	Fri	11:45	3.2			5:53	0.2	6:04	0.4	6:24	7:26	
4	Sat	12:02	3.7	12:28	3.3	6:38	0.2	6:50	0.4	6:25	7:24	
5	Sun	12:43	3.7	1:09	3.4	7:20	0.1	7:34	0.3	6:26	7:22	
6	Mon	1:22	3.7	1:47	3.5	8:00	0.1	8:16	0.3	6:27	7:21	
7	Tue	2:00	3.6	2:24	3.5	8:37	0.1	8:55	0.4	6:28	7:19	
8	Wed	2:38	3.5	3:01	3.4	9:12	0.2	9:33	0.5	6:29	7:17	
9	Thu	3:15	3.4	3:36	3.4	9:44	0.3	10:09	0.6	6:30	7:15	
10	Fri	3:53	3.2	4:11	3.3	10:14	0.4	10:44	0.7	6:31	7:14	
11	Sat	4:33	3.0	4:45	3.2	10:42	0.6	11:23	0.8	6:32	7:12	
12	Sun	5:17	2.9	5:24	3.2	11:12	0.7			6:33	7:10	
13	Mon	6:04	2.8	6:08	3.2	12:14	0.9	11:53 AM	0.8	6:34	7:09	
14	Tue	6:54	2.8	6:59	3.3	1:25	1.0	12:55	0.9	6:35	7:07	
15	Wed	7:50	2.8	7:57	3.3	2:35	0.9	2:17	0.9	6:36	7:05	
16	Thu	8:55	2.9	9:05	3.5	3:36	0.7	3:28	0.7	6:37	7:03	
17	Fri	10:01	3.1	10:14	3.7	4:30	0.5	4:29	0.5	6:38	7:02	
18	Sat	11:00	3.4	11:13	3.9	5:20	0.2	5:25	0.2	6:39	7:00	
19	Sun	11:51	3.7			6:09	-0.1	6:19	0.0	6:40	6:58	
20	Mon	12:05	4.1	12:39	3.9	6:58	-0.3	7:13	-0.2	6:41	6:56	
21	Tue	12:54	4.2	1:27	4.1	7:46	-0.4	8:06	-0.4	6:42	6:55	
22	Wed	1:44	4.2	2:17	4.2	8:34	-0.5	8:58	-0.4	6:43	6:53	
23	Thu	2:36	4.1	3:09	4.2	9:21	-0.5	9:49	-0.3	6:44	6:51	
24	Fri	3:31	3.9	4:05	4.1	10:08	-0.3	10:41	-0.1	6:45	6:49	
25	Sat	4:31	3.6	5:04	4.0	10:58	-0.1	11:38	0.1	6:46	6:48	
26	Sun	5:33	3.4	6:03	3.8	11:54	0.2			6:47	6:46	
27	Mon	6:34	3.2	7:01	3.7	12:41	0.3	12:58	0.5	6:48	6:44	
28	Tue	7:33	3.1	7:58	3.5	1:48	0.5	2:04	0.6	6:49	6:42	
29	Wed	8:33	3.0	8:58	3.4	2:52	0.5	3:08	0.7	6:50	6:41	
30	Thu	9:35	3.0	9:57	3.4	3:49	0.5	4:05	0.7	6:51	6:39	