US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:40	2.7	6:33	3.1	12:48	1.0	12:10	1.0	6:53	6:36	
2	Mon	7:31	2.7	7:23	3.1	1:55	1.0	1:29	1.1	6:54	6:34	
3	Tue	8:26	2.7	8:21	3.2	2:57	0.9	2:46	1.0	6:55	6:33	
4	Wed	9:25	2.8	9:27	3.3	3:51	0.7	3:48	0.8	6:56	6:31	
5	Thu	10:22	3.1	10:28	3.5	4:39	0.5	4:42	0.6	6:57	6:29	
6	Fri	11:10	3.4	11:19	3.7	5:25	0.2	5:33	0.3	6:59	6:28	
7	Sat	11:54	3.7			6:10	0.0	6:24	0.0	7:00	6:26	
8	Sun	12:06	3.9	12:37	4.0	6:55	-0.2	7:15	-0.2	7:01	6:24	
9	Mon	12:51	4.0	1:20	4.2	7:40	-0.3	8:06	-0.3	7:02	6:23	
10	Tue	1:38	3.9	2:07	4.3	8:26	-0.4	8:57	-0.4	7:03	6:21	
11	Wed	2:28	3.8	2:57	4.2	9:12	-0.3	9:47	-0.3	7:04	6:19	
12	Thu	3:23	3.7	3:53	4.1	9:59	-0.2	10:39	-0.1	7:05	6:18	
13	Fri	4:24	3.5	4:54	4.0	10:50	0.0	11:37	0.1	7:06	6:16	
14	Sat	5:30	3.3	5:57	3.8	11:48	0.3			7:07	6:15	
15	Sun	6:34	3.2	6:59	3.7	12:42	0.2	12:57	0.5	7:08	6:13	
16	Mon	7:37	3.1	8:00	3.5	1:50	0.3	2:08	0.6	7:10	6:12	
17	Tue	8:39	3.1	9:02	3.4	2:55	0.3	3:14	0.6	7:11	6:10	
18	Wed	9:42	3.2	10:03	3.4	3:52	0.3	4:12	0.5	7:12	6:09	
19	Thu	10:40	3.3	10:57	3.5	4:43	0.2	5:04	0.4	7:13	6:07	
20	Fri	11:28	3.4	11:44	3.5	5:29	0.1	5:52	0.3	7:14	6:06	
21	Sat			12:09	3.6	6:11	0.1	6:37	0.2	7:15	6:04	
22	Sun	12:25	3.5	12:47	3.7	6:52	0.1	7:21	0.2	7:17	6:03	
23	Mon	1:04	3.5	1:22	3.7	7:30	0.1	8:03	0.2	7:18	6:01	
24	Tue	1:42	3.4	1:56	3.7	8:08	0.2	8:43	0.2	7:19	6:00	
25	Wed	2:20	3.2	2:29	3.6	8:43	0.3	9:21	0.3	7:20	5:58	
26	Thu	2:59	3.1	3:00	3.5	9:15	0.4	9:58	0.4	7:21	5:57	
27	Fri	3:40	2.9	3:31	3.3	9:46	0.5	10:35	0.5	7:22	5:56	
28	Sat	4:26	2.8	4:06	3.2	10:15	0.7	11:15	0.6	7:24	5:54	
29	Sun	5:16	2.7	4:49	3.1	10:47	0.8			7:25	5:53	
30	Mon	6:08	2.6	5:42	3.1	12:05	0.7	11:30 AM	0.9	7:26	5:52	
31	Tue	6:58	2.6	6:39	3.1	1:09	0.8	12:38	1.0	7:27	5:50	