US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:49	2.7	7:38	3.1	2:14	0.7	2:07	0.9	7:28	5:49	
2	Thu	8:44	2.9	8:42	3.2	3:11	0.6	3:17	0.7	7:30	5:48	
3	Fri	9:42	3.1	9:49	3.3	4:02	0.3	4:16	0.4	7:31	5:47	
4	Sat	10:36	3.5	10:49	3.5	4:50	0.1	5:10	0.1	7:32	5:46	
5	Sun	10:25	3.8	10:41	3.7	4:37	-0.1	5:03	-0.1	6:33	4:44	
6	Mon	11:12	4.1	11:31	3.7	5:24	-0.3	5:56	-0.4	6:35	4:43	
7	Tue	11:58	4.3			6:12	-0.4	6:49	-0.5	6:36	4:42	
8	Wed	12:20	3.7	12:46	4.3	7:01	-0.5	7:41	-0.6	6:37	4:41	
9	Thu	1:12	3.6	1:38	4.3	7:51	-0.4	8:32	-0.5	6:38	4:40	
10	Fri	2:09	3.5	2:34	4.1	8:41	-0.3	9:24	-0.4	6:39	4:39	
11	Sat	3:11	3.3	3:35	3.9	9:32	-0.1	10:19	-0.2	6:41	4:38	
12	Sun	4:17	3.2	4:38	3.7	10:30	0.2	11:20	0.0	6:42	4:37	
13	Mon	5:20	3.1	5:39	3.5	11:36	0.4			6:43	4:36	
14	Tue	6:20	3.0	6:37	3.3	12:25	0.2	12:46	0.6	6:44	4:35	
15	Wed	7:17	3.0	7:34	3.2	1:27	0.2	1:51	0.6	6:45	4:34	
16	Thu	8:16	3.1	8:33	3.1	2:23	0.2	2:50	0.5	6:47	4:34	
17	Fri	9:11	3.2	9:28	3.1	3:13	0.2	3:42	0.4	6:48	4:33	
18	Sat	10:00	3.3	10:16	3.1	3:57	0.1	4:29	0.3	6:49	4:32	
19	Sun	10:42	3.4	10:59	3.1	4:39	0.1	5:14	0.2	6:50	4:31	
20	Mon	11:19	3.5	11:39	3.1	5:18	0.1	5:57	0.1	6:51	4:31	
21	Tue	11:54	3.6			5:57	0.1	6:39	0.1	6:53	4:30	
22	Wed	12:17	3.1	12:28	3.6	6:35	0.1	7:20	0.1	6:54	4:29	
23	Thu	12:55	3.0	12:59	3.5	7:13	0.2	7:59	0.1	6:55	4:29	
24	Fri	1:34	2.9	1:29	3.4	7:48	0.3	8:36	0.1	6:56	4:28	
25	Sat	2:14	2.8	1:58	3.3	8:21	0.3	9:13	0.2	6:57	4:28	
26	Sun	2:57	2.6	2:31	3.2	8:54	0.4	9:51	0.3	6:58	4:27	
27	Mon	3:44	2.6	3:14	3.1	9:27	0.5	10:33	0.4	6:59	4:27	
28	Tue	4:34	2.6	4:07	3.1	10:09	0.6	11:26	0.4	7:00	4:26	
29	Wed	5:24	2.6	5:05	3.0	11:08	0.7			7:01	4:26	
30	Thu	6:13	2.7	6:04	3.0	12:28	0.4	12:31	0.7	7:03	4:26	