US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**2:18**	3.7	**2:55**	3.5	**9:18**	0.0	**9:30**	0.2	6:22	7:28	
2	Sun	**2:57**	3.6	**3:36**	3.6	**9:53**	0.1	**10:13**	0.3	6:23	7:26	
3	Mon	**3:42**	3.5	**4:23**	3.6	**10:30**	0.1	**11:00**	0.4	6:24	7:25	
4	Tue	**4:35**	3.3	**5:17**	3.7	**11:11**	0.3	**11:57**	0.5	6:25	7:23	
5	Wed	**5:35**	3.2	**6:14**	3.7			**12:03**	0.4	6:26	7:21	
6	Thu	**6:37**	3.1	**7:13**	3.7	**1:08**	0.6	**1:12**	0.5	6:27	7:20	
7	Fri	**7:42**	3.0	**8:18**	3.7	**2:21**	0.5	**2:28**	0.5	6:28	7:18	
8	Sat	**8:53**	3.0	**9:27**	3.7	**3:28**	0.4	**3:37**	0.4	6:29	7:16	
9	Sun	**10:06**	3.2	**10:35**	3.8	**4:28**	0.3	**4:38**	0.3	6:30	7:15	
10	Mon	**11:09**	3.4	**11:32**	4.0	**5:23**	0.1	**5:35**	0.2	6:31	7:13	
11	Tue			**12:03**	3.6	**6:14**	-0.1	**6:29**	0.0	6:32	7:11	
12	Wed	**12:23**	4.0	**12:52**	3.7	**7:04**	-0.2	**7:21**	0.0	6:33	7:09	
13	Thu	**1:10**	4.1	**1:38**	3.8	**7:51**	-0.3	**8:11**	0.0	6:34	7:08	
14	Fri	**1:55**	4.0	**2:23**	3.8	**8:35**	-0.2	**8:57**	0.0	6:35	7:06	
15	Sat	**2:41**	3.8	**3:07**	3.8	**9:16**	-0.1	**9:42**	0.1	6:36	7:04	
16	Sun	**3:27**	3.6	**3:53**	3.6	**9:55**	0.1	**10:25**	0.3	6:37	7:02	
17	Mon	**4:16**	3.4	**4:39**	3.5	**10:33**	0.3	**11:11**	0.5	6:38	7:01	
18	Tue	**5:07**	3.1	**5:27**	3.4	**11:10**	0.6			6:39	6:59	
19	Wed	**5:59**	2.9	**6:14**	3.3	**12:02**	0.7	**11:52 AM**	0.8	6:40	6:57	
20	Thu	**6:50**	2.8	**7:02**	3.2	**1:01**	0.9	**12:45**	1.0	6:41	6:55	
21	Fri	**7:42**	2.7	**7:52**	3.1	**2:04**	1.0	**1:51**	1.1	6:42	6:54	
22	Sat	**8:38**	2.7	**8:48**	3.1	**3:04**	0.9	**2:55**	1.1	6:43	6:52	
23	Sun	**9:37**	2.7	**9:48**	3.2	**3:57**	0.8	**3:51**	1.0	6:44	6:50	
24	Mon	**10:32**	2.9	**10:41**	3.3	**4:44**	0.7	**4:41**	0.8	6:46	6:49	
25	Tue	**11:19**	3.1	**11:26**	3.5	**5:27**	0.5	**5:28**	0.6	6:47	6:47	
26	Wed	**11:59**	3.3			**6:08**	0.3	**6:13**	0.5	6:48	6:45	
27	Thu	**12:04**	3.6	**12:35**	3.5	**6:49**	0.2	**6:58**	0.3	6:49	6:43	
28	Fri	**12:40**	3.7	**1:09**	3.7	**7:29**	0.1	**7:43**	0.1	6:50	6:42	
29	Sat	**1:16**	3.7	**1:44**	3.8	**8:08**	0.0	**8:28**	0.0	6:51	6:40	
30	Sun	**1:54**	3.7	**2:23**	3.9	**8:47**	-0.1	**9:13**	0.0	6:52	6:38	