US HARBORS www.USHarbors.com

Poughkeepsie, NY - Nov 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:16	3.2	4:42	3.9	10:39	0.1	11:34	0.0	7:28	5:49	
2	Fri	5:25	3.1	5:49	3.7	11:39	0.3			7:29	5:48	
3	Sat	6:32	3.1	6:53	3.6	12:39	0.2	12:52	0.5	7:31	5:47	
4	Sun	6:35	3.1	6:56	3.5	1:48	0.2	1:07	0.5	6:32	4:46	
5	Mon	7:38	3.1	7:59	3.4	1:51	0.2	2:14	0.5	6:33	4:45	
6	Tue	8:41	3.3	9:01	3.4	2:49	0.1	3:14	0.3	6:34	4:44	
7	Wed	9:38	3.4	9:56	3.4	3:40	0.0	4:08	0.2	6:35	4:42	
8	Thu	10:27	3.6	10:45	3.4	4:26	-0.1	4:57	0.1	6:37	4:41	
9	Fri	11:10	3.7	11:28	3.4	5:10	-0.1	5:45	0.0	6:38	4:40	
10	Sat	11:49	3.8			5:53	-0.1	6:30	0.0	6:39	4:39	
11	Sun	12:09	3.3	12:26	3.7	6:33	0.0	7:13	0.0	6:40	4:38	
12	Mon	12:50	3.2	1:02	3.7	7:12	0.1	7:55	0.0	6:42	4:37	
13	Tue	1:31	3.1	1:38	3.6	7:49	0.2	8:34	0.1	6:43	4:36	
14	Wed	2:15	2.9	2:14	3.4	8:24	0.4	9:13	0.3	6:44	4:36	
15	Thu	3:02	2.8	2:54	3.2	8:58	0.5	9:53	0.4	6:45	4:35	
16	Fri	3:54	2.6	3:37	3.1	9:31	0.7	10:38	0.6	6:46	4:34	
17	Sat	4:47	2.6	4:26	3.0	10:08	0.8	11:31	0.7	6:48	4:33	
18	Sun	5:37	2.5	5:16	2.9	11:00	0.9			6:49	4:32	
19	Mon	6:24	2.6	6:05	2.9	12:30	0.7	12:19	1.0	6:50	4:32	
20	Tue	7:12	2.7	6:58	2.9	1:27	0.6	1:32	0.9	6:51	4:31	
21	Wed	8:02	2.8	7:56	2.9	2:18	0.5	2:33	0.7	6:52	4:30	
22	Thu	8:53	3.1	8:57	3.0	3:05	0.3	3:27	0.4	6:53	4:30	
23	Fri	9:41	3.4	9:52	3.1	3:49	0.1	4:18	0.2	6:55	4:29	
24	Sat	10:25	3.7	10:42	3.3	4:33	-0.1	5:08	-0.1	6:56	4:28	
25	Sun	11:08	3.9	11:29	3.4	5:18	-0.2	5:59	-0.3	6:57	4:28	
26	Mon	11:53	4.1			6:06	-0.3	6:51	-0.5	6:58	4:27	
27	Tue	12:17	3.4	12:39	4.2	6:55	-0.4	7:42	-0.5	6:59	4:27	
28	Wed	1:08	3.3	1:31	4.1	7:45	-0.4	8:32	-0.5	7:00	4:27	
29	Thu	2:05	3.2	2:28	4.0	8:36	-0.3	9:24	-0.4	7:01	4:26	
30	Fri	3:09	3.1	3:31	3.8	9:29	-0.1	10:19	-0.3	7:02	4:26	