US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**9:12**	2.9	**9:38**	3.4	**3:39**	0.6	**3:38**	0.7	6:22	7:29	
2	Tue	**10:15**	2.9	**10:38**	3.4	**4:35**	0.5	**4:33**	0.7	6:23	7:27	
3	Wed	**11:11**	3.0	**11:29**	3.5	**5:25**	0.4	**5:23**	0.6	6:24	7:26	
4	Thu	**11:58**	3.1			**6:10**	0.4	**6:09**	0.6	6:25	7:24	
5	Fri	**12:12**	3.6	**12:39**	3.3	**6:52**	0.3	**6:54**	0.5	6:26	7:22	
6	Sat	**12:50**	3.6	**1:18**	3.4	**7:32**	0.2	**7:36**	0.4	6:27	7:21	
7	Sun	**1:26**	3.6	**1:55**	3.4	**8:10**	0.2	**8:17**	0.4	6:28	7:19	
8	Mon	**2:00**	3.5	**2:31**	3.4	**8:44**	0.2	**8:55**	0.4	6:29	7:17	
9	Tue	**2:33**	3.4	**3:05**	3.4	**9:16**	0.3	**9:31**	0.5	6:30	7:15	
10	Wed	**3:04**	3.3	**3:38**	3.4	**9:45**	0.4	**10:05**	0.6	6:31	7:14	
11	Thu	**3:35**	3.1	**4:09**	3.3	**10:11**	0.5	**10:40**	0.7	6:32	7:12	
12	Fri	**4:10**	3.0	**4:44**	3.3	**10:36**	0.6	**11:19**	0.8	6:33	7:10	
13	Sat	**4:54**	2.8	**5:26**	3.3	**11:05**	0.8			6:34	7:08	
14	Sun	**5:47**	2.7	**6:17**	3.3	**12:12**	0.9	**11:48 AM**	0.9	6:35	7:07	
15	Mon	**6:46**	2.7	**7:15**	3.4	**1:30**	0.9	**12:57**	0.9	6:36	7:05	
16	Tue	**7:52**	2.7	**8:21**	3.4	**2:45**	0.8	**2:33**	0.9	6:37	7:03	
17	Wed	**9:06**	2.8	**9:34**	3.6	**3:48**	0.6	**3:47**	0.7	6:38	7:02	
18	Thu	**10:18**	3.0	**10:41**	3.8	**4:44**	0.4	**4:49**	0.4	6:39	7:00	
19	Fri	**11:17**	3.4	**11:38**	4.0	**5:35**	0.1	**5:46**	0.2	6:40	6:58	
20	Sat			**12:08**	3.7	**6:24**	-0.2	**6:41**	-0.1	6:41	6:56	
21	Sun	**12:28**	4.2	**12:56**	4.0	**7:13**	-0.3	**7:35**	-0.2	6:42	6:55	
22	Mon	**1:17**	4.2	**1:44**	4.2	**8:01**	-0.5	**8:27**	-0.3	6:43	6:53	
23	Tue	**2:06**	4.1	**2:34**	4.2	**8:47**	-0.5	**9:18**	-0.3	6:44	6:51	
24	Wed	**2:58**	3.9	**3:25**	4.1	**9:32**	-0.4	**10:09**	-0.1	6:45	6:49	
25	Thu	**3:53**	3.7	**4:20**	4.0	**10:18**	-0.1	**11:01**	0.1	6:46	6:48	
26	Fri	**4:52**	3.4	**5:17**	3.8	**11:06**	0.2	**11:59**	0.3	6:47	6:46	
27	Sat	**5:53**	3.2	**6:15**	3.6			**12:01**	0.5	6:48	6:44	
28	Sun	**6:52**	3.0	**7:12**	3.4	**1:05**	0.5	**1:05**	0.7	6:49	6:42	
29	Mon	**7:50**	2.9	**8:10**	3.3	**2:12**	0.6	**2:13**	0.9	6:50	6:41	
30	Tue	**8:51**	2.9	**9:11**	3.2	**3:15**	0.6	**3:16**	0.9	6:51	6:39	