US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:52	2.9	10:11	3.3	4:09	0.6	4:12	0.8	6:52	6:37	
2	Thu	10:46	3.1	11:03	3.3	4:57	0.5	5:01	0.7	6:53	6:36	
3	Fri	11:32	3.2	11:46	3.4	5:39	0.4	5:46	0.6	6:54	6:34	
4	Sat			12:12	3.4	6:19	0.3	6:29	0.5	6:56	6:32	
5	Sun	12:23	3.4	12:48	3.5	6:56	0.3	7:11	0.4	6:57	6:31	
6	Mon	12:58	3.4	1:22	3.6	7:33	0.2	7:51	0.4	6:58	6:29	
7	Tue	1:31	3.4	1:54	3.6	8:07	0.3	8:30	0.3	6:59	6:27	
8	Wed	2:02	3.3	2:23	3.6	8:40	0.3	9:07	0.4	7:00	6:26	
9	Thu	2:31	3.2	2:50	3.5	9:10	0.4	9:43	0.4	7:01	6:24	
10	Fri	3:02	3.0	3:20	3.5	9:37	0.5	10:19	0.5	7:02	6:22	
11	Sat	3:38	2.9	3:57	3.4	10:05	0.6	10:59	0.6	7:03	6:21	
12	Sun	4:26	2.8	4:47	3.4	10:38	0.7	11:51	0.7	7:04	6:19	
13	Mon	5:28	2.7	5:48	3.4	11:24	0.8			7:05	6:17	
14	Tue	6:34	2.7	6:54	3.4	1:05	0.8	12:39	0.9	7:07	6:16	
15	Wed	7:41	2.8	8:02	3.4	2:20	0.7	2:19	0.9	7:08	6:14	
16	Thu	8:50	2.9	9:13	3.5	3:23	0.5	3:33	0.6	7:09	6:13	
17	Fri	9:58	3.2	10:21	3.7	4:18	0.2	4:35	0.3	7:10	6:11	
18	Sat	10:57	3.6	11:18	3.8	5:08	0.0	5:31	0.1	7:11	6:10	
19	Sun	11:48	3.9			5:57	-0.3	6:25	-0.2	7:12	6:08	
20	Mon	12:09	3.9	12:35	4.2	6:45	-0.4	7:18	-0.3	7:13	6:07	
21	Tue	12:57	3.9	1:21	4.3	7:33	-0.5	8:10	-0.4	7:15	6:05	
22	Wed	1:46	3.9	2:09	4.3	8:20	-0.4	9:01	-0.3	7:16	6:04	
23	Thu	2:37	3.7	2:58	4.1	9:06	-0.3	9:50	-0.2	7:17	6:02	
24	Fri	3:32	3.5	3:50	3.9	9:52	0.0	10:40	0.0	7:18	6:01	
25	Sat	4:30	3.2	4:47	3.7	10:39	0.3	11:34	0.3	7:19	5:59	
26	Sun	5:32	3.0	5:46	3.4	11:31	0.6			7:20	5:58	
27	Mon	6:31	2.9	6:43	3.3	12:35	0.5	12:32	0.8	7:22	5:57	
28	Tue	7:27	2.8	7:39	3.1	1:41	0.6	1:41	1.0	7:23	5:55	
29	Wed	8:23	2.8	8:36	3.0	2:42	0.6	2:47	1.0	7:24	5:54	
30	Thu	9:19	2.9	9:33	3.0	3:35	0.6	3:43	0.9	7:25	5:53	
31	Fri	10:13	3.0	10:27	3.0	4:21	0.5	4:33	0.7	7:26	5:51	