US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:23	2.8	5:55	3.2	11:20	0.8			6:22	7:28	
2	Thu	6:09	2.7	6:36	3.2	12:20	1.0	11:54 AM	0.9	6:23	7:26	
3	Fri	6:57	2.6	7:21	3.1	1:27	1.1	12:51	1.1	6:24	7:24	
4	Sat	7:51	2.5	8:13	3.2	2:36	1.0	2:16	1.1	6:25	7:23	
5	Sun	8:56	2.5	9:17	3.3	3:36	0.9	3:26	1.0	6:26	7:21	
6	Mon	10:04	2.7	10:21	3.5	4:29	0.7	4:24	0.8	6:27	7:19	
7	Tue	11:00	2.9	11:14	3.7	5:18	0.5	5:18	0.6	6:28	7:18	
8	Wed	11:47	3.2			6:04	0.2	6:09	0.3	6:29	7:16	
9	Thu	12:01	3.9	12:29	3.5	6:50	0.0	7:00	0.1	6:30	7:14	
10	Fri	12:46	4.0	1:12	3.8	7:35	-0.2	7:51	-0.1	6:31	7:12	
11	Sat	1:30	4.1	1:56	3.9	8:19	-0.3	8:41	-0.2	6:32	7:11	
12	Sun	2:17	4.0	2:44	4.1	9:02	-0.4	9:31	-0.2	6:33	7:09	
13	Mon	3:08	3.8	3:35	4.1	9:45	-0.3	10:21	0.0	6:34	7:07	
14	Tue	4:03	3.6	4:31	4.0	10:30	-0.1	11:16	0.1	6:36	7:05	
15	Wed	5:04	3.4	5:31	3.9	11:20	0.1			6:37	7:04	
16	Thu	6:06	3.2	6:32	3.7	12:19	0.4	12:20	0.4	6:38	7:02	
17	Fri	7:08	3.1	7:33	3.6	1:29	0.5	1:30	0.6	6:39	7:00	
18	Sat	8:12	3.0	8:37	3.5	2:39	0.5	2:41	0.7	6:40	6:58	
19	Sun	9:19	3.0	9:44	3.4	3:42	0.5	3:45	0.7	6:41	6:57	
20	Mon	10:23	3.1	10:45	3.5	4:38	0.4	4:42	0.6	6:42	6:55	
21	Tue	11:18	3.2	11:35	3.6	5:27	0.3	5:33	0.5	6:43	6:53	
22	Wed			12:03	3.4	6:12	0.2	6:20	0.4	6:44	6:52	
23	Thu	12:18	3.6	12:44	3.5	6:54	0.2	7:05	0.4	6:45	6:50	
24	Fri	12:56	3.6	1:21	3.6	7:33	0.2	7:48	0.3	6:46	6:48	
25	Sat	1:32	3.5	1:57	3.6	8:10	0.2	8:28	0.3	6:47	6:46	
26	Sun	2:08	3.4	2:32	3.6	8:44	0.3	9:06	0.4	6:48	6:45	
27	Mon	2:43	3.3	3:06	3.5	9:16	0.4	9:43	0.5	6:49	6:43	
28	Tue	3:19	3.1	3:40	3.4	9:44	0.5	10:18	0.6	6:50	6:41	
29	Wed	3:56	2.9	4:15	3.3	10:10	0.7	10:55	0.7	6:51	6:39	
30	Thu	4:39	2.7	4:54	3.2	10:35	0.8	11:38	0.9	6:52	6:38	