US HARBORS www.USHarbors.com

Poughkeepsie, NY - Oct 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:29	2.6	5:40	3.2	11:08	1.0			6:53	6:36	
2	Sat	6:24	2.5	6:34	3.1	12:40	1.0	11:56 AM	1.1	6:54	6:34	
3	Sun	7:20	2.5	7:32	3.2	1:56	1.0	1:27	1.2	6:55	6:33	
4	Mon	8:22	2.6	8:37	3.3	3:01	0.8	2:56	1.0	6:56	6:31	
5	Tue	9:28	2.8	9:45	3.4	3:56	0.6	4:00	0.8	6:57	6:29	
6	Wed	10:27	3.1	10:44	3.6	4:45	0.4	4:56	0.5	6:59	6:28	
7	Thu	11:17	3.5	11:35	3.8	5:31	0.1	5:48	0.2	7:00	6:26	
8	Fri			12:02	3.8	6:16	-0.1	6:40	-0.1	7:01	6:24	
9	Sat	12:22	4.0	12:46	4.1	7:02	-0.3	7:33	-0.2	7:02	6:23	
10	Sun	1:09	4.0	1:31	4.3	7:48	-0.4	8:24	-0.3	7:03	6:21	
11	Mon	1:57	3.9	2:19	4.3	8:34	-0.4	9:15	-0.3	7:04	6:19	
12	Tue	2:49	3.7	3:10	4.2	9:21	-0.3	10:06	-0.2	7:05	6:18	
13	Wed	3:46	3.5	4:07	4.0	10:08	-0.1	11:00	0.0	7:06	6:16	
14	Thu	4:49	3.3	5:10	3.8	11:00	0.2			7:07	6:15	
15	Fri	5:54	3.1	6:14	3.6	12:01	0.3	12:00	0.5	7:09	6:13	
16	Sat	6:57	3.0	7:16	3.4	1:09	0.4	1:12	0.7	7:10	6:12	
17	Sun	7:59	3.0	8:18	3.3	2:18	0.5	2:24	0.8	7:11	6:10	
18	Mon	9:01	3.0	9:21	3.3	3:19	0.4	3:28	0.7	7:12	6:08	
19	Tue	10:01	3.1	10:20	3.3	4:13	0.4	4:24	0.6	7:13	6:07	
20	Wed	10:53	3.3	11:09	3.3	4:59	0.3	5:13	0.5	7:14	6:05	
21	Thu	11:37	3.4	11:52	3.3	5:41	0.2	5:58	0.4	7:15	6:04	
22	Fri			12:16	3.6	6:20	0.2	6:41	0.3	7:17	6:03	
23	Sat	12:29	3.3	12:51	3.7	6:57	0.2	7:23	0.3	7:18	6:01	
24	Sun	1:05	3.3	1:25	3.7	7:34	0.2	8:03	0.2	7:19	6:00	
25	Mon	1:40	3.2	1:57	3.7	8:08	0.3	8:42	0.3	7:20	5:58	
26	Tue	2:14	3.1	2:27	3.6	8:41	0.4	9:19	0.3	7:21	5:57	
27	Wed	2:48	2.9	2:57	3.5	9:12	0.5	9:55	0.4	7:22	5:56	
28	Thu	3:24	2.8	3:28	3.3	9:40	0.6	10:32	0.5	7:24	5:54	
29	Fri	4:05	2.6	4:06	3.2	10:09	0.8	11:13	0.6	7:25	5:53	
30	Sat	4:58	2.5	4:58	3.2	10:43	0.9			7:26	5:52	
31	Sun	5:58	2.5	5:59	3.1	12:07	0.7	11:31 AM	1.0	7:27	5:50	