US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2064

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**4:37**	2.9	**4:50**	3.2	**10:38**	0.6	**11:27**	0.9	6:22	7:28	
2	Tue	**5:21**	2.8	**5:28**	3.2	**11:06**	0.8			6:23	7:26	
3	Wed	**6:09**	2.6	**6:12**	3.2	**12:20**	1.0	**11:45 AM**	0.9	6:24	7:24	
4	Thu	**7:00**	2.6	**7:03**	3.2	**1:34**	1.1	**12:44**	1.0	6:25	7:23	
5	Fri	**7:57**	2.6	**8:02**	3.2	**2:44**	1.0	**2:11**	1.0	6:26	7:21	
6	Sat	**9:03**	2.7	**9:11**	3.4	**3:43**	0.8	**3:26**	0.9	6:27	7:19	
7	Sun	**10:09**	2.9	**10:19**	3.6	**4:35**	0.6	**4:27**	0.6	6:28	7:17	
8	Mon	**11:04**	3.2	**11:15**	3.8	**5:24**	0.3	**5:22**	0.4	6:29	7:16	
9	Tue	**11:52**	3.5			**6:10**	0.1	**6:16**	0.1	6:30	7:14	
10	Wed	**12:04**	4.0	**12:37**	3.8	**6:56**	-0.1	**7:09**	-0.1	6:31	7:12	
11	Thu	**12:50**	4.1	**1:22**	4.1	**7:41**	-0.3	**8:01**	-0.2	6:32	7:11	
12	Fri	**1:37**	4.0	**2:09**	4.2	**8:27**	-0.4	**8:52**	-0.3	6:34	7:09	
13	Sat	**2:26**	3.9	**2:59**	4.2	**9:12**	-0.4	**9:43**	-0.2	6:35	7:07	
14	Sun	**3:19**	3.7	**3:53**	4.1	**9:57**	-0.2	**10:34**	0.0	6:36	7:05	
15	Mon	**4:18**	3.5	**4:52**	4.0	**10:45**	0.0	**11:31**	0.2	6:37	7:04	
16	Tue	**5:21**	3.3	**5:53**	3.8	**11:39**	0.3			6:38	7:02	
17	Wed	**6:24**	3.1	**6:53**	3.6	**12:35**	0.4	**12:44**	0.6	6:39	7:00	
18	Thu	**7:27**	3.0	**7:54**	3.5	**1:45**	0.6	**1:56**	0.7	6:40	6:58	
19	Fri	**8:30**	2.9	**8:57**	3.4	**2:52**	0.6	**3:04**	0.8	6:41	6:57	
20	Sat	**9:36**	3.0	**9:59**	3.4	**3:51**	0.5	**4:03**	0.7	6:42	6:55	
21	Sun	**10:35**	3.1	**10:54**	3.5	**4:43**	0.4	**4:56**	0.6	6:43	6:53	
22	Mon	**11:25**	3.2	**11:40**	3.5	**5:29**	0.3	**5:44**	0.5	6:44	6:51	
23	Tue			**12:06**	3.4	**6:10**	0.3	**6:29**	0.4	6:45	6:50	
24	Wed	**12:20**	3.6	**12:43**	3.5	**6:50**	0.2	**7:12**	0.4	6:46	6:48	
25	Thu	**12:58**	3.5	**1:18**	3.6	**7:27**	0.2	**7:53**	0.3	6:47	6:46	
26	Fri	**1:33**	3.5	**1:51**	3.6	**8:02**	0.2	**8:32**	0.4	6:48	6:45	
27	Sat	**2:09**	3.3	**2:22**	3.6	**8:36**	0.3	**9:10**	0.4	6:49	6:43	
28	Sun	**2:44**	3.2	**2:51**	3.5	**9:07**	0.4	**9:46**	0.5	6:50	6:41	
29	Mon	**3:19**	3.0	**3:19**	3.4	**9:35**	0.5	**10:21**	0.6	6:51	6:39	
30	Tue	**3:58**	2.9	**3:50**	3.3	**10:02**	0.7	**10:58**	0.8	6:52	6:38	