

The Battery									
1	Tue	1:50 AM	5:05 H	8:21 AM	0:26 L	2:33 PM	4:55 H	8:43 PM	0:97 L
2	Wed	2:45 AM	4:78 H	9:20 AM	0:39 L	3:28 PM	4:55 H	9:48 PM	1:02 L
3	Thu	3:40 AM	4:54 H	10:14 AM	0:45 L	4:23 PM	4:60 H	10:46 PM	0:96 L
4	Fri	4:36 AM	4:36 H	11:02 AM	0:47 L	5:16 PM	4:71 H	11:38 PM	0:84 L
5	Sat	5:31 AM	4:27 H	11:46 AM	0:48 L	6:06 PM	4:87 H	No PM Low	
6	Sun	12:26 AM	0:70 L	6:23 AM	4:25 H	12:28 PM	0:49 L	6:50 PM	5:02 H
7	Mon	1:12 AM	0:56 L	7:11 AM	4:27 H	1:09 PM	0:52 L	7:30 PM	5:15 H
8	Tue	1:57 AM	0:41 L	7:54 AM	4:30 H	1:50 PM	0:55 L	8:06 PM	5:22 H
9	Wed	2:40 AM	0:30 L	8:36 AM	4:30 H	2:30 PM	0:59 L	8:39 PM	5:24 H
10	Thu	3:22 AM	0:22 L	9:17 AM	4:27 H	3:10 PM	0:63 L	9:11 PM	5:20 H
11	Fri	4:02 AM	0:20 L	9:57 AM	4:20 H	3:49 PM	0:68 L	9:42 PM	5:13 H
12	Sat	4:41 AM	0:24 L	10:39 AM	4:12 H	4:25 PM	0:74 L	10:13 PM	5:05 H
13	Sun	5:20 AM	0:31 L	11:22 AM	4:06 H	5:01 PM	0:81 L	10:50 PM	4:97 H
14	Mon	5:58 AM	0:41 L	12:06 PM	4:05 H	5:38 PM	0:89 L	11:35 PM	4:89 H
15	Tue	6:39 AM	0:50 L	12:50 PM	4:12 H	6:22 PM	0:97 L	No PM High	
16	Wed	12:25 AM	4:83 H	7:25 AM	0:55 L	1:35 PM	4:26 H	7:20 PM	1:05 L
17	Thu	1:19 AM	4:77 H	8:20 AM	0:54 L	2:22 PM	4:47 H	8:37 PM	1:04 L
18	Fri	2:14 AM	4:70 H	9:19 AM	0:46 L	3:13 PM	4:74 H	9:50 PM	0:87 L
19	Sat	3:13 AM	4:62 H	10:15 AM	0:31 L	4:09 PM	5:04 H	10:54 PM	0:57 L
20	Sun	4:18 AM	4:57 H	11:09 AM	0:13 L	5:08 PM	5:38 H	11:53 PM	0:24 L
21	Mon	5:27 AM	4:57 H	12:01 PM	-0:03 L	6:07 PM	5:71 H	No PM Low	
22	Tue	12:50 AM	-0:09 L	06:33 AM	4:66 H	12:55 PM	-0:14 L	7:03 PM	6:00 H
23	Wed	1:46 AM	-0:36 L	07:33 AM	4:77 H	1:50 PM	-0:21 L	7:56 PM	6:17 H
24	Thu	2:40 AM	-0:56 L	08:29 AM	4:86 H	2:44 PM	-0:24 L	8:48 PM	6:20 H
25	Fri	3:33 AM	-0:66 L	09:24 AM	4:88 H	3:38 PM	-0:20 L	9:41 PM	6:09 H
26	Sat	4:24 AM	-0:65 L	10:21 AM	4:85 H	4:30 PM	-0:07 L	10:37 PM	5:87 H
27	Sun	5:13 AM	-0:53 L	11:20 AM	4:80 H	5:21 PM	0:14 L	11:34 PM	5:60 H
28	Mon	6:02 AM	-0:31 L	12:18 PM	4:75 H	6:14 PM	0:43 L	No PM High	
29	Tue	12:30 AM	5:30 H	6:53 AM	-0:04 L	1:13 PM	4:70 H	7:10 PM	0:74 L
30	Wed	1:22 AM	4:99 H	7:45 AM	0:23 L	2:04 PM	4:66 H	8:11 PM	0:99 L

TIDES

June

Spuyten Duyvil									
1	Tue	2:42 AM	4:25 H	9:09 AM	0:21 L	3:25 PM	3:83 H	9:31 PM	0:82 L
2	Wed	3:37 AM	4:01 H	10:08 AM	0:33 L	4:20 PM	3:82 H	10:36 PM	0:86 L
3	Thu	4:32 AM	3:81 H	11:02 AM	0:38 L	5:15 PM	3:87 H	11:34 PM	0:81 L
4	Fri	5:28 AM	3:67 H	11:50 AM	0:39 L	6:08 PM	3:96 H	No PM Low	
5	Sat	12:26 AM	0:71 L	6:23 AM	3:59 H	12:34 PM	0:40 L	6:58 PM	4:09 H
6	Sun	1:14 AM	0:59 L	7:15 AM	3:57 H	1:16 PM	0:42 L	7:42 PM	4:22 H
7	Mon	2:00 AM	0:47 L	8:03 AM	3:59 H	1:57 PM	0:44 L	8:22 PM	4:33 H
8	Tue	2:45 AM	0:35 L	8:46 AM	3:61 H	2:38 PM	0:46 L	8:58 PM	4:39 H
9	Wed	3:28 AM	0:25 L	9:28 AM	3:61 H	3:18 PM	0:49 L	9:31 PM	4:40 H
10	Thu	4:10 AM	0:19 L	10:09 AM	3:58 H	3:58 PM	0:53 L	10:03 PM	4:37 H
11	Fri	4:50 AM	0:17 L	10:49 AM	3:53 H	4:37 PM	0:57 L	10:34 PM	4:31 H
12	Sat	5:29 AM	0:20 L	11:31 AM	3:46 H	5:13 PM	0:62 L	11:05 PM	4:24 H
13	Sun	6:08 AM	0:26 L	12:14 PM	3:41 H	5:49 PM	0:68 L	11:42 PM	4:17 H
14	Mon	6:46 AM	0:34 L	12:58 PM	3:40 H	6:26 PM	0:74 L	No PM High	
15	Tue	12:27 AM	4:11 H	7:27 AM	0:42 L	1:42 PM	3:46 H	7:10 PM	0:82 L
16	Wed	1:17 AM	4:06 H	8:13 AM	0:46 L	2:27 PM	3:58 H	8:08 PM	0:88 L
17	Thu	2:11 AM	4:00 H	9:08 AM	0:46 L	3:14 PM	3:75 H	9:25 PM	0:88 L
18	Fri	3:06 AM	3:95 H	10:07 AM	0:39 L	4:05 PM	3:98 H	10:38 PM	0:73 L
19	Sat	4:05 AM	3:88 H	11:03 AM	0:26 L	5:01 PM	4:24 H	11:42 PM	0:48 L
20	Sun	5:10 AM	3:83 H	11:57 AM	0:11 L	6:00 PM	4:52 H	No PM Low	
21	Mon	12:41 AM	0:20 L	6:19 AM	3:84 H	12:49 PM	-0:02 L	6:59 PM	4:80 H
22	Tue	1:38 AM	-0:07 L	07:25 AM	3:91 H	1:43 PM	-0:12 L	7:55 PM	5:04 H
23	Wed	2:34 AM	-0:30 L	08:25 AM	4:01 H	2:38 PM	-0:18 L	8:48 PM	5:18 H
24	Thu	3:28 AM	-0:47 L	09:21 AM	4:08 H	3:32 PM	-0:20 L	9:40 PM	5:21 H
25	Fri	4:21 AM	-0:55 L	10:16 AM	4:10 H	4:26 PM	-0:17 L	10:33 PM	5:11 H
26	Sat	5:12 AM	-0:55 L	11:13 AM	4:08 H	5:18 PM	-0:06 L	11:29 PM	4:93 H
27	Sun	6:01 AM	-0:44 L	12:12 PM	4:03 H	6:09 PM	0:12 L	No PM High	
28	Mon	12:26 AM	4:70 H	6:50 AM	-0:26 L	1:10 PM	3:99 H	7:02 PM	0:36 L
29	Tue	1:22 AM	4:45 H	7:41 AM	-0:03 L	2:05 PM	3:95 H	7:58 PM	0:62 L
30	Wed	2:14 AM	4:19 H	8:33 AM	0:19 L	2:56 PM	3:92 H	8:59 PM	0:83 L



Tarrytown									
1	Tue	3:39 AM	3:54 H	10:18 AM	0:18 L	4:22 PM	3:19 H	10:40 PM	0:68 L
2	Wed	4:34 AM	3:34 H	11:17 AM	0:28 L	5:17 PM	3:19 H	11:45 PM	0:71 L
3	Thu	5:29 AM	3:18 H	12:11 PM	0:32 L	6:12 PM	3:22 H	No PM Low	
4	Fri	12:43 AM	0:67 L	6:25 AM	3:06 H	12:59 PM	0:33 L	7:05 PM	3:30 H
5	Sat	1:35 AM	0:59 L	7:20 AM	2:99 H	1:43 PM	0:34 L	7:55 PM	3:41 H
6	Sun	2:23 AM	0:49 L	8:12 AM	2:98 H	2:25 PM	0:35 L	8:39 PM	3:52 H
7	Mon	3:09 AM	0:39 L	9:00 AM	2:99 H	3:06 PM	0:36 L	9:19 PM	3:60 H
8	Tue	3:54 AM	0:29 L	9:43 AM	3:01 H	3:47 PM	0:39 L	9:55 PM	3:66 H
9	Wed	4:37 AM	0:21 L	10:25 AM	3:01 H	4:27 PM	0:41 L	10:28 PM	3:67 H
10	Thu	5:19 AM	0:16 L	11:06 AM	2:99 H	5:07 PM	0:44 L	11:00 PM	3:64 H
11	Fri	5:59 AM	0:14 L	11:46 AM	2:94 H	5:46 PM	0:47 L	11:31 PM	3:59 H
12	Sat	6:38 AM	0:17 L	12:28 PM	2:88 H	6:22 PM	0:52 L	No PM High	
13	Sun	12:02 AM	3:54 H	7:17 AM	0:22 L	1:11 PM	2:84 H	6:58 PM	0:56 L
14	Mon	12:39 AM	3:48 H	7:55 AM	0:29 L	1:55 PM	2:84 H	7:35 PM	0:62 L
15	Tue	1:24 AM	3:43 H	8:36 AM	0:35 L	2:39 PM	2:88 H	8:19 PM	0:68 L
16	Wed	2:14 AM	3:38 H	9:22 AM	0:39 L	3:24 PM	2:98 H	9:17 PM	0:74 L
17	Thu	3:08 AM	3:34 H	10:17 AM	0:38 L	4:11 PM	3:13 H	10:34 PM	0:73 L
18	Fri	4:03 AM	3:29 H	11:16 AM	0:32 L	5:02 PM	3:31 H	11:47 PM	0:61 L
19	Sat	5:02 AM	3:23 H	12:12 PM	0:21 L	5:58 PM	3:53 H	No PM Low	
20	Sun	12:51 AM	0:40 L	6:07 AM	3:20 H	1:06 PM	0:09 L	6:57 PM	3:77 H
21	Mon	1:50 AM	0:17 L	7:16 AM	3:20 H	1:58 PM	-0:02 L	7:56 PM	4:00 H
22	Tue	2:47 AM	-0:06 L	08:22 AM	3:26 H	2:52 PM	-0:10 L	8:52 PM	4:20 H
23	Wed	3:43 AM	-0:25 L	09:22 AM	3:34 H	3:47 PM	-0:15 L	9:45 PM	4:32 H
24	Thu	4:37 AM	-0:39 L	10:18 AM	3:40 H	4:41 PM	-0:17 L	10:37 PM	4:34 H
25	Fri	5:30 AM	-0:46 L	11:13 AM	3:42 H	5:35 PM	-0:14 L	11:30 PM	4:26 H
26	Sat	6:21 AM	-0:46 L	12:10 PM	3:40 H	6:27 PM	-0:05 L	No PM High	
27	Sun	12:26 AM	4:11 H	7:10 AM	-0:37 L	1:09 PM	3:36 H	7:18 PM	0:10 L
28	Mon	1:23 AM	3:92 H	7:59 AM	-0:22 L	2:07 PM	3:32 H	8:11 PM	0:30 L
29	Tue	2:19 AM	3:71 H	8:50 AM	-0:03 L	3:02 PM	3:29 H	9:07 PM	0:52 L
30	Wed	3:11 AM	3:50 H	9:42 AM	0:16 L	3:53 PM	3:26 H	10:08 PM	0:70 L

TIDES

June

Haverstraw									
1	Tue	4:11 AM	3:68 H	11:11 AM	0:40 L	5:03 PM	3:19 H	11:20 PM	0.75 L
2	Wed	5:09 AM	3:47 H	12:07 PM	0:34 L	6:01 PM	3:19 H	No PM Low	
3	Thu	12:26 AM	0.73 L	6:06 AM	3:29 H	1:00 PM	0.26 L	7:00 PM	3:24 H
4	Fri	1:27 AM	0.65 L	7:04 AM	3:16 H	1:49 PM	0.17 L	7:56 PM	3:37 H
5	Sat	2:23 AM	0.56 L	8:00 AM	3:10 H	2:32 PM	0.12 L	8:46 PM	3:54 H
6	Sun	3:14 AM	0.49 L	8:52 AM	3:10 H	3:12 PM	0.13 L	9:30 PM	3.73 H
7	Mon	4:03 AM	0.45 L	9:39 AM	3.12 H	3:51 PM	0.19 L	10:10 PM	3.89 H
8	Tue	4:50 AM	0.45 L	10:22 AM	3.14 H	4:29 PM	0.29 L	10:45 PM	4.02 H
9	Wed	5:36 AM	0.47 L	11:04 AM	3.15 H	5:08 PM	0.41 L	11:18 PM	4.09 H
10	Thu	6:19 AM	0.51 L	11:45 AM	3.12 H	5:47 PM	0.53 L	11:49 PM	4.12 H
11	Fri	7:01 AM	0.55 L	12:25 PM	3.08 H	6:24 PM	0.61 L	No PM High	
12	Sat	12:19 AM	4.10 H	7:41 AM	0.58 L	1:04 PM	3.02 H	7:01 PM	0.65 L
13	Sun	12:51 AM	4.04 H	8:20 AM	0.59 L	1:44 PM	2.97 H	7:39 PM	0.66 L
14	Mon	1:28 AM	3.94 H	9:00 AM	0.58 L	2:27 PM	2.93 H	8:20 PM	0.64 L
15	Tue	2:12 AM	3.81 H	9:41 AM	0.52 L	3:15 PM	2.94 H	9:07 PM	0.62 L
16	Wed	3:03 AM	3.65 H	10:24 AM	0.44 L	4:05 PM	3.00 H	10:06 PM	0.60 L
17	Thu	3:58 AM	3.49 H	11:12 AM	0.33 L	4:56 PM	3.11 H	11:17 PM	0.57 L
18	Fri	4:54 AM	3.35 H	12:02 PM	0.20 L	5:49 PM	3.27 H	No PM Low	
19	Sat	12:30 AM	0.50 L	5:52 AM	3.24 H	12:55 PM	0.09 L	6:45 PM	3.49 H
20	Sun	1:38 AM	0.40 L	6:55 AM	3.17 H	1:48 PM	-0.01 L	7:44 PM	3.75 H
21	Mon	2:39 AM	0.30 L	7:59 AM	3.19 H	2:39 PM	-0.07 L	8:39 PM	4.02 H
22	Tue	3:37 AM	0.23 L	8:59 AM	3.27 H	3:30 PM	-0.06 L	9:31 PM	4.26 H
23	Wed	4:33 AM	0.19 L	9:55 AM	3.37 H	4:23 PM	0.01 L	10:21 PM	4.41 H
24	Thu	5:29 AM	0.18 L	10:50 AM	3.42 H	5:18 PM	0.10 L	11:11 PM	4.45 H
25	Fri	6:23 AM	0.19 L	11:44 AM	3.44 H	6:12 PM	0.20 L	No PM High	
26	Sat	12:02 AM	4.38 H	7:13 AM	0.21 L	12:39 PM	3.40 H	7:05 PM	0.30 L
27	Sun	12:54 AM	4.23 H	8:03 AM	0.23 L	1:36 PM	3.31 H	7:57 PM	0.41 L
28	Mon	1:48 AM	4.01 H	8:52 AM	0.25 L	2:36 PM	3.23 H	8:50 PM	0.52 L
29	Tue	2:44 AM	3.77 H	9:42 AM	0.25 L	3:36 PM	3.16 H	9:48 PM	0.61 L
30	Wed	3:41 AM	3.53 H	10:33 AM	0.23 L	4:33 PM	3.13 H	10:49 PM	0.68 L



Peekskill									
1	Tue	4:18 AM	3.23 H	11:24 AM	0.16 L	5:01 PM	2.91 H	11:46 PM	0.62 L
2	Wed	5:13 AM	3.06 H	12:23 PM	0.25 L	5:56 PM	2.91 H	No PM Low	
3	Thu	12:51 AM	0.65 L	6:08 AM	2.90 H	1:17 PM	0.29 L	6:51 PM	2.94 H
4	Fri	1:49 AM	0.62 L	7:04 AM	2.79 H	2:05 PM	0.30 L	7:44 PM	3.02 H
5	Sat	2:41 AM	0.54 L	7:59 AM	2.73 H	2:49 PM	0.31 L	8:34 PM	3.11 H
6	Sun	3:29 AM	0.45 L	8:51 AM	2.72 H	3:31 PM	0.32 L	9:18 PM	3.21 H
7	Mon	4:15 AM	0.35 L	9:39 AM	2.73 H	4:12 PM	0.33 L	9:58 PM	3.30 H
8	Tue	5:00 AM	0.27 L	10:22 AM	2.75 H	4:53 PM	0.35 L	10:34 PM	3.34 H
9	Wed	5:43 AM	0.19 L	11:04 AM	2.75 H	5:33 PM	0.38 L	11:07 PM	3.35 H
10	Thu	6:25 AM	0.14 L	11:45 AM	2.73 H	6:13 PM	0.40 L	11:39 PM	3.33 H
11	Fri	7:05 AM	0.13 L	12:25 PM	2.69 H	6:52 PM	0.43 L	No PM High	
12	Sat	12:10 AM	3.29 H	7:44 AM	0.15 L	1:07 PM	2.64 H	7:28 PM	0.47 L
13	Sun	12:41 AM	3.23 H	8:23 AM	0.20 L	1:50 PM	2.60 H	8:04 PM	0.52 L
14	Mon	1:18 AM	3.18 H	9:01 AM	0.26 L	2:34 PM	2.59 H	8:41 PM	0.57 L
15	Tue	2:03 AM	3.13 H	9:42 AM	0.32 L	3:18 PM	2.63 H	9:25 PM	0.62 L
16	Wed	2:53 AM	3.09 H	10:28 AM	0.35 L	4:03 PM	2.72 H	10:23 PM	0.67 L
17	Thu	3:47 AM	3.05 H	11:23 AM	0.35 L	4:50 PM	2.86 H	11:40 PM	0.67 L
18	Fri	4:42 AM	3.01 H	12:22 PM	0.29 L	5:41 PM	3.03 H	No PM Low	
19	Sat	12:53 AM	0.56 L	5:41 AM	2.96 H	1:18 PM	0.20 L	6:37 PM	3.23 H
20	Sun	1:57 AM	0.37 L	6:46 AM	2.92 H	2:12 PM	0.08 L	7:36 PM	3.44 H
21	Mon	2:56 AM	0.15 L	7:55 AM	2.93 H	3:04 PM	-0.02 L	8:35 PM	3.66 H
22	Tue	3:53 AM	-0.05 L	09:01 AM	2.98 H	3:58 PM	-0.09 L	9:31 PM	3.84 H
23	Wed	4:49 AM	-0.23 L	10:01 AM	3.05 H	4:53 PM	-0.14 L	10:24 PM	3.95 H
24	Thu	5:43 AM	-0.36 L	10:57 AM	3.11 H	5:47 PM	-0.15 L	11:16 PM	3.97 H
25	Fri	6:36 AM	-0.42 L	11:52 AM	3.12 H	6:41 PM	-0.13 L	No PM High	
26	Sat	12:09 AM	3.90 H	7:27 AM	-0.42 L	12:49 PM	3.10 H	7:33 PM	-0.05 L
27	Sun	1:05 AM	3.76 H	8:16 AM	-0.34 L	1:48 PM	3.07 H	8:24 PM	0.09 L
28	Mon	2:02 AM	3.58 H	9:05 AM	-0.20 L	2:46 PM	3.04 H	9:17 PM	0.28 L
29	Tue	2:58 AM	3.39 H	9:56 AM	-0.03 L	3:41 PM	3.01 H	10:13 PM	0.47 L
30	Wed	3:50 AM	3.20 H	10:48 AM	0.15 L	4:32 PM	2.98 H	11:14 PM	0.64 L

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a year

Poughkeepsie									
1	Tue	12:23 AM	0.53 L	6:24 AM	3.44 H	1:07 PM	0.17 L	7:07 PM	3.10 H
2	Wed	1:29 AM	0.66 L	7:19 AM	3.25 H	2:06 PM	0.27 L	8:02 PM	3.10 H
3	Thu	2:34 AM	0.69 L	8:14 AM	3.09 H	3:00 PM	0.31 L	8:57 PM	3.13 H
4	Fri	3:32 AM	0.66 L	9:10 AM	2.97 H	3:48 PM	0.32 L	9:50 PM	3.21 H
5	Sat	4:24 AM	0.57 L	10:05 AM	2.90 H	4:32 PM	0.33 L	10:40 PM	3.31 H
6	Sun	5:12 AM	0.48 L	10:57 AM	2.89 H	5:14 PM	0.34 L	11:24 PM	3.42 H
7	Mon	5:58 AM	0.38 L	11:45 AM	2.91 H	5:55 PM	0.35 L	No PM High	
8	Tue	12:04 AM	3.50 H	6:43 AM	0.28 L	12:28 PM	2.92 H	6:36 PM	0.38 L
9	Wed	12:40 AM	3.55 H	7:26 AM	0.20 L	1:10 PM	2.92 H	7:16 PM	0.40 L
10	Thu	1:13 AM	3.56 H	8:08 AM	0.15 L	1:51 PM	2.90 H	7:56 PM	0.43 L
11	Fri	1:45 AM	3.54 H	8:48 AM	0.14 L	2:31 PM	2.86 H	8:35 PM	0.46 L
12	Sat	2:16 AM	3.49 H	9:27 AM	0.16 L	3:13 PM	2.80 H	9:11 PM	0.50 L
13	Sun	2:47 AM	3.44 H	10:06 AM	0.21 L	3:56 PM	2.76 H	9:47 PM	0.55 L
14	Mon	3:24 AM	3.38 H	10:44 AM	0.28 L	4:40 PM	2.76 H	10:24 PM	0.60 L
15	Tue	4:09 AM	3.33 H	11:25 AM	0.34 L	5:24 PM	2.80 H	11:08 PM	0.66 L
16	Wed	4:59 AM	3.28 H	12:11 PM	0.38 L	6:09 PM	2.89 H	No PM Low	
17	Thu	12:06 AM	0.71 L	5:53 AM	3.24 H	1:06 PM	0.37 L	6:56 PM	3.04 H
18	Fri	1:23 AM	0.71 L	6:48 AM	3.19 H	2:05 PM	0.31 L	7:47 PM	3.22 H
19	Sat	2:36 AM	0.59 L	7:47 AM	3.14 H	3:01 PM	0.21 L	8:43 PM	3.43 H
20	Sun	3:40 AM	0.39 L	8:52 AM	3.10 H	3:55 PM	0.09 L	9:42 PM	3.66 H
21	Mon	4:39 AM	0.16 L	10:01 AM	3.11 H	4:47 PM	-0.02 L	10:41 PM	3.89 H
22	Tue	5:36 AM	-0.06 L	11:07 AM	3.17 H	5:41 PM	-0.10 L	11:37 PM	4.08 H
23	Wed	6:32 AM	-0.24 L	12:07 PM	3.25 H	6:36 PM	-0.15 L	No PM High	
24	Thu	12:30 AM	4.20 H	7:26 AM	-0.38 L	1:03 PM	3.30 H	7:30 PM	-0.16 L
25	Fri	1:22 AM	4.21 H	8:19 AM	-0.45 L	1:58 PM	3.32 H	8:24 PM	-0.14 L
26	Sat	2:15 AM	4.14 H	9:10 AM	-0.44 L	2:55 PM	3.30 H	9:16 PM	-0.05 L
27	Sun	3:11 AM	3.99 H	9:59 AM	-0.36 L	3:54 PM	3.26 H	10:07 PM	0.10 L
28	Mon	4:08 AM	3.81 H	10:48 AM	-0.21 L	4:52 PM	3.23 H	11:00 PM	0.29 L
29	Tue	5:04 AM	3.60 H	11:39 AM	-0.03 L	5:47 PM	3.20 H	11:56 PM	0.51 L
30	Wed	5:56 AM	3.40 H	12:31 PM	0.16 L	6:38 PM	3.17 H	No PM Low	

**TIDES**  
**June**

**TIDES**  
**June**

Newburgh									
1	Tue	5:36 AM	3.13 H	12:24 PM	0.16 L	6:19 PM	2.82 H	No PM Low	
2	Wed	12:46 AM	0.62 L	6:31 AM	2.96 H	1:23 PM	0.25 L	7:14 PM	2.82 H
3	Thu	1:51 AM	0.65 L	7:26 AM	2.81 H	2:17 PM	0.29 L	8:09 PM	2.85 H
4	Fri	2:49 AM	0.62 L	8:22 AM	2.71 H	3:05 PM	0.30 L	9:02 PM	2.92 H
5	Sat	3:41 AM	0.54 L	9:17 AM	2.65 H	3:49 PM	0.31 L	9:52 PM	3.02 H
6	Sun	4:29 AM	0.45 L	10:09 AM	2.64 H	4:31 PM	0.32 L	10:36 PM	3.11 H
7	Mon	5:15 AM	0.35 L	10:57 AM	2.65 H	5:12 PM	0.33 L	11:16 PM	3.19 H
8	Tue	6:00 AM	0.27 L	11:40 AM	2.67 H	5:53 PM	0.35 L	11:52 PM	3.24 H
9	Wed	6:43 AM	0.19 L	12:22 PM	2.67 H	6:33 PM	0.38 L	No PM High	
10	Thu	12:25 AM	3.25 H	7:25 AM	0.14 L	1:03 PM	2.65 H	7:13 PM	0.40 L
11	Fri	12:57 AM	3.23 H	8:05 AM	0.13 L	1:43 PM	2.60 H	7:52 PM	0.43 L
12	Sat	1:28 AM	3.18 H	8:44 AM	0.15 L	2:25 PM	2.56 H	8:28 PM	0.47 L
13	Sun	1:59 AM	3.13 H	9:23 AM	0.20 L	3:08 PM	2.52 H	9:04 PM	0.52 L
14	Mon	2:36 AM	3.08 H	10:01 AM	0.26 L	3:52 PM	2.51 H	9:41 PM	0.57 L
15	Tue	3:21 AM	3.03 H	10:42 AM	0.32 L	4:36 PM	2.55 H	10:25 PM	0.62 L
16	Wed	4:11 AM	2.99 H	11:28 AM	0.35 L	5:21 PM	2.64 H	11:23 PM	0.67 L
17	Thu	5:05 AM	2.96 H	12:23 PM	0.35 L	6:08 PM	2.77 H	No PM Low	
18	Fri	12:40 AM	0.67 L	6:00 AM	2.91 H	1:22 PM	0.29 L	6:59 PM	2.94 H
19	Sat	1:53 AM	0.56 L	6:59 AM	2.87 H	2:18 PM	0.20 L	7:55 PM	3.13 H
20	Sun	2:57 AM	0.37 L	8:04 AM	2.83 H	3:12 PM	0.08 L	8:54 PM	3.34 H
21	Mon	3:56 AM	0.15 L	9:13 AM	2.84 H	4:04 PM	-0.02 L	9:53 PM	3.54 H
22	Tue	4:53 AM	-0.05 L	10:19 AM	2.89 H	4:58 PM	-0.09 L	10:49 PM	3.72 H
23	Wed	5:49 AM	-0.23 L	11:19 AM	2.96 H	5:53 PM	-0.14 L	11:42 PM	3.83 H
24	Thu	6:43 AM	-0.36 L	12:15 PM	3.01 H	6:47 PM	-0.15 L	No PM High	
25	Fri	12:34 AM	3.84 H	7:36 AM	-0.42 L	1:10 PM	3.03 H	7:41 PM	-0.13 L
26	Sat	1:27 AM	3.77 H	8:27 AM	-0.42 L	2:07 PM	3.01 H	8:33 PM	-0.05 L
27	Sun	2:23 AM	3.64 H	9:16 AM	-0.34 L	3:06 PM	2.98 H	9:24 PM	0.09 L
28	Mon	3:20 AM	3.47 H	10:05 AM	-0.20 L	4:04 PM	2.94 H	10:17 PM	0.28 L
29	Tue	4:16 AM	3.29 H	10:56 AM	-0.03 L	4:59 PM	2.92 H	11:13 PM	0.47 L
30	Wed	5:08 AM	3.10 H	11:48 AM	0.15 L	5:50 PM	2.89 H	No PM Low	



Kingston

1	Tue	1:11 AM	0.63 L	7:10 AM	4.09 H	1:55 PM	0.21 L	7:53 PM	3.69 H
2	Wed	2:17 AM	0.80 L	8:05 AM	3.87 H	2:54 PM	0.32 L	8:48 PM	3.69 H
3	Thu	3:22 AM	0.84 L	9:00 AM	3.68 H	3:48 PM	0.37 L	9:43 PM	3.73 H
4	Fri	4:20 AM	0.79 L	9:56 AM	3.54 H	4:36 PM	0.39 L	10:36 PM	3.82 H
5	Sat	5:12 AM	0.69 L	10:51 AM	3.46 H	5:20 PM	0.39 L	11:26 PM	3.94 H
6	Sun	6:00 AM	0.58 L	11:43 AM	3.44 H	6:02 PM	0.41 L	No PM High	
7	Mon	12:10 AM	4.07 H	6:46 AM	0.46 L	12:31 PM	3.46 H	6:43 PM	0.43 L
8	Tue	12:50 AM	4.17 H	7:31 AM	0.34 L	1:14 PM	3.48 H	7:24 PM	0.45 L
9	Wed	1:26 AM	4.23 H	8:14 AM	0.24 L	1:56 PM	3.48 H	8:04 PM	0.48 L
10	Thu	1:59 AM	4.24 H	8:56 AM	0.18 L	2:37 PM	3.46 H	8:44 PM	0.52 L
11	Fri	2:31 AM	4.21 H	9:36 AM	0.17 L	3:17 PM	3.40 H	9:23 PM	0.56 L
12	Sat	3:02 AM	4.16 H	10:15 AM	0.19 L	3:59 PM	3.34 H	9:59 PM	0.60 L
13	Sun	3:33 AM	4.09 H	10:54 AM	0.26 L	4:42 PM	3.29 H	10:35 PM	0.66 L
14	Mon	4:10 AM	4.03 H	11:32 AM	0.34 L	5:26 PM	3.28 H	11:12 PM	0.73 L
15	Tue	4:55 AM	3.96 H	12:13 PM	0.41 L	6:10 PM	3.33 H	11:56 PM	0.80 L
16	Wed	5:45 AM	3.91 H	12:59 PM	0.45 L	6:55 PM	3.45 H	No PM Low	
17	Thu	12:54 AM	0.86 L	6:39 AM	3.86 H	1:54 PM	0.45 L	7:42 PM	3.62 H
18	Fri	2:11 AM	0.85 L	7:34 AM	3.81 H	2:53 PM	0.38 L	8:33 PM	3.84 H
19	Sat	3:24 AM	0.71 L	8:33 AM	3.74 H	3:49 PM	0.25 L	9:29 PM	4.09 H
20	Sun	4:28 AM	0.47 L	9:38 AM	3.70 H	4:43 PM	0.11 L	10:28 PM	4.36 H
21	Mon	5:27 AM	0.19 L	10:47 AM	3.71 H	5:35 PM	-0.02 L	11:27 PM	4.63 H
22	Tue	6:24 AM	-0.07 L	11:53 AM	3.77 H	6:29 PM	-0.12 L	No PM High	
23	Wed	12:23 AM	4.86 H	7:20 AM	-0.29 L	12:53 PM	3.87 H	7:24 PM	-0.18 L
24	Thu	1:16 AM	5.00 H	8:14 AM	-0.46 L	1:49 PM	3.93 H	8:18 PM	-0.20 L
25	Fri	2:08 AM	5.02 H	9:07 AM	-0.54 L	2:44 PM	3.95 H	9:12 PM	-0.16 L
26	Sat	3:01 AM	4.93 H	9:58 AM	-0.53 L	3:41 PM	3.93 H	10:04 PM	-0.06 L
27	Sun	3:57 AM	4.76 H	10:47 AM	-0.43 L	4:40 PM	3.89 H	10:55 PM	0.12 L
28	Mon	4:54 AM	4.53 H	11:36 AM	-0.23 L	5:38 PM	3.84 H	11:48 PM	0.35 L
29	Tue	5:50 AM	4.29 H	12:27 PM	-0.05 L	6:33 PM	3.81 H	No PM Low	
30	Wed	12:44 AM	0.61 L	6:42 AM	4.04 H	1:19 PM	0.19 L	7:24 PM	3.78 H



Hudson									
1	Tue	2:49 AM	0.66 L	8:48 AM	4.45 H	3:33 PM	0.22 L	9:31 PM	4.01 H
2	Wed	3:55 AM	0.83 L	9:43 AM	4.20 H	4:32 PM	0.34 L	10:26 PM	4.00 H
3	Thu	5:00 AM	0.88 L	10:38 AM	3.99 H	5:26 PM	0.39 L	11:21 PM	4.05 H
4	Fri	5:58 AM	0.83 L	11:34 AM	3.84 H	6:14 PM	0.40 L	No PM High	
5	Sat	12:14 AM	4.15 H	6:50 AM	0.73 L	12:29 PM	3.76 H	6:58 PM	0.41 L
6	Sun	1:04 AM	4.28 H	7:38 AM	0.60 L	1:21 PM	3.74 H	7:40 PM	0.43 L
7	Mon	1:48 AM	4.42 H	8:24 AM	0.48 L	2:09 PM	3.76 H	8:21 PM	0.45 L
8	Tue	2:28 AM	4.53 H	9:09 AM	0.36 L	2:52 PM	3.78 H	9:02 PM	0.47 L
9	Wed	3:04 AM	4.60 H	9:52 AM	0.26 L	3:34 PM	3.78 H	9:42 PM	0.50 L
10	Thu	3:37 AM	4.61 H	10:34 AM	0.19 L	4:15 PM	3.75 H	10:22 PM	0.54 L
11	Fri	4:09 AM	4.58 H	11:14 AM	0.17 L	4:55 PM	3.70 H	11:01 PM	0.58 L
12	Sat	4:40 AM	4.52 H	11:53 AM	0.20 L	5:37 PM	3.63 H	11:37 PM	0.63 L
13	Sun	5:11 AM	4.45 H	12:32 PM	0.27 L	6:20 PM	3.58 H	No PM Low	
14	Mon	12:13 AM	0.69 L	5:48 AM	4.37 H	1:10 PM	0.35 L	7:04 PM	3.57 H
15	Tue	12:50 AM	0.76 L	6:33 AM	4.31 H	1:51 PM	0.43 L	7:48 PM	3.62 H
16	Wed	1:34 AM	0.84 L	7:23 AM	4.25 H	2:37 PM	0.47 L	8:33 PM	3.75 H
17	Thu	2:32 AM	0.91 L	8:17 AM	4.20 H	3:32 PM	0.47 L	9:20 PM	3.93 H
18	Fri	3:49 AM	0.90 L	9:12 AM	4.13 H	4:31 PM	0.39 L	10:11 PM	4.17 H
19	Sat	5:02 AM	0.75 L	10:11 AM	4.07 H	5:27 PM	0.26 L	11:07 PM	4.44 H
20	Sun	6:06 AM	0.49 L	11:16 AM	4.02 H	6:21 PM	0.11 L	No PM High	
21	Mon	12:06 AM	4.73 H	7:05 AM	0.20 L	12:25 PM	4.03 H	7:13 PM	-0.02 L
22	Tue	1:05 AM	5.03 H	8:02 AM	-0.07 L	1:31 PM	4.10 H	8:07 PM	-0.12 L
23	Wed	2:01 AM	5.28 H	8:58 AM	-0.31 L	2:31 PM	4.20 H	9:02 PM	-0.18 L
24	Thu	2:54 AM	5.43 H	9:52 AM	-0.48 L	3:27 PM	4.27 H	9:56 PM	-0.21 L
25	Fri	3:46 AM	5.45 H	10:45 AM	-0.57 L	4:22 PM	4.29 H	10:50 PM	-0.17 L
26	Sat	4:39 AM	5.36 H	11:36 AM	-0.56 L	5:19 PM	4.27 H	11:42 PM	-0.07 L
27	Sun	5:35 AM	5.17 H	12:25 PM	-0.45 L	6:18 PM	4.22 H	No PM Low	
28	Mon	12:33 AM	0.12 L	6:32 AM	4.92 H	1:14 PM	-0.27 L	7:16 PM	4.18 H
29	Tue	1:26 AM	0.37 L	7:28 AM	4.66 H	2:05 PM	-0.03 L	8:11 PM	4.14 H
30	Wed	2:22 AM	0.64 L	8:20 AM	4.39 H	2:57 PM	0.20 L	9:02 PM	4.10 H

TIDES June

Your local on-water assistance experts.

seatow.com

800-4-SEATOW

Albany									
1	Tue	4:36 AM	1.10 L	10:08 AM	5.60 H	5:24 PM	0.52 L	10:58 PM	5.33 H
2	Wed	5:36 AM	1.13 L	11:09 AM	5.46 H	6:16 PM	0.54 L	11:55 PM	5.47 H
3	Thu	6:35 AM	1.09 L	12:07 PM	5.35 H	7:07 PM	0.53 L	No PM High	
4	Fri	12:49 AM	5.64 H	7:33 AM	0.99 L	1:03 PM	5.28 H	7:55 PM	0.52 L
5	Sat	1:41 AM	5.82 H	8:29 AM	0.84 L	1:56 PM	5.25 H	8:42 PM	0.53 L
6	Sun	2:29 AM	5.99 H	9:22 AM	0.67 L	2:46 PM	5.21 H	9:25 PM	0.56 L
7	Mon	3:13 AM	6.11 H	10:11 AM	0.49 L	3:33 PM	5.17 H	10:06 PM	0.62 L
8	Tue	3:53 AM	6.17 H	10:58 AM	0.36 L	4:17 PM	5.08 H	10:45 PM	0.70 L
9	Wed	4:29 AM	6.16 H	11:42 AM	0.29 L	5:00 PM	4.96 H	11:22 PM	0.79 L
10	Thu	5:01 AM	6.11 H	12:24 PM	0.28 L	5:41 PM	4.83 H	11:57 PM	0.86 L
11	Fri	5:27 AM	6.05 H	1:06 PM	0.31 L	6:22 PM	4.72 H	No PM Low	
12	Sat	12:33 AM	0.91 L	5:43 AM	6.02 H	1:47 PM	0.36 L	7:02 PM	4.66 H
13	Sun	1:10 AM	0.93 L	6:09 AM	6.03 H	2:28 PM	0.41 L	7:43 PM	4.66 H
14	Mon	1:50 AM	0.94 L	6:47 AM	6.00 H	3:09 PM	0.45 L	8:25 PM	4.72 H
15	Tue	2:36 AM	0.97 L	7:33 AM	5.92 H	3:52 PM	0.48 L	9:09 PM	4.84 H
16	Wed	3:28 AM	1.01 L	8:25 AM	5.76 H	4:38 PM	0.49 L	9:57 PM	4.98 H
17	Thu	4:29 AM	1.07 L	9:21 AM	5.55 H	5:27 PM	0.50 L	10:50 PM	5.15 H
18	Fri	5:39 AM	1.09 L	10:26 AM	5.29 H	6:20 PM	0.49 L	11:47 PM	5.34 H
19	Sat	6:51 AM	1.01 L	11:44 AM	5.05 H	7:15 PM	0.46 L	No PM High	
20	Sun	12:44 AM	5.55 H	7:58 AM	0.83 L	1:00 PM	4.92 H	8:11 PM	0.41 L
21	Mon	1:39 AM	5.79 H	9:02 AM	0.56 L	2:06 PM	4.88 H	9:06 PM	0.35 L
22	Tue	2:32 AM	6.00 H	10:02 AM	0.27 L	3:04 PM	4.88 H	10:01 PM	0.29 L
23	Wed	3:22 AM	6.15 H	10:58 AM	0.02 L	3:59 PM	4.89 H	10:55 PM	0.25 L
24	Thu	4:11 AM	6.19 H	11:51 AM	-0.16 L	4:52 PM	4.87 H	11:47 PM	0.24 L
25	Fri	5:01 AM	6.12 H	12:43 PM	-0.24 L	5:46 PM	4.82 H	No PM Low	
26	Sat	12:39 AM	0.27 L	5:52 AM	5.96 H	1:33 PM	-0.24 L	6:41 PM	4.77 H
27	Sun	1:31 AM	0.33 L	6:46 AM	5.74 H	2:22 PM	-0.18 L	7:39 PM	4.75 H
28	Mon	2:23 AM	0.43 L	7:44 AM	5.51 H	3:11 PM	-0.10 L	8:36 PM	4.78 H
29	Tue	3:16 AM	0.55 L	8:43 AM	5.30 H	4:00 PM	-0.01 L	9:33 PM	4.85 H
30	Wed	4:11 AM	0.67 L	9:41 AM	5.11 H	4:48 PM	0.08 L	10:28 PM	4.93 H

TIDES June

Castleton									
1	Tue	4:07 AM	1.20 L	9:51 AM	5.41 H	4:55 PM	0.62 L	10:41 PM	5.14 H
2	Wed	5:07 AM	1.22 L	10:52 AM	5.26 H	5:47 PM	0.63 L	11:38 PM	5.28 H
3	Thu	6:06 AM	1.19 L	11:50 AM	5.16 H	6:38 PM	0.63 L	No PM High	
4	Fri	12:32 AM	5.44 H	7:04 AM	1.09 L	12:46 PM	5.09 H	7:26 PM	0.62 L
5	Sat	1:24 AM	5.62 H	8:00 AM	0.94 L	1:39 PM	5.05 H	8:13 PM	0.63 L
6	Sun	2:12 AM	5.79 H	8:53 AM	0.76 L	2:29 PM	5.02 H	8:56 PM	0.66 L
7	Mon	2:56 AM	5.92 H	9:42 AM	0.59 L	3:16 PM	4.97 H	9:37 PM	0.72 L
8	Tue	3:36 AM	5.97 H	10:29 AM	0.46 L	4:00 PM	4.88 H	10:16 PM	0.80 L
9	Wed	4:12 AM	5.97 H	11:13 AM	0.39 L	4:43 PM	4.77 H	10:53 PM	0.89 L
10	Thu	4:44 AM	5.91 H	11:55 AM	0.37 L	5:24 PM	4.64 H	11:28 PM	0.96 L
11	Fri	5:10 AM	5.85 H	12:37 PM	0.40 L	6:05 PM	4.53 H	No PM Low	
12	Sat	12:04 AM	1.01 L	5:26 AM	5.83 H	1:18 PM	0.46 L	6:45 PM	4.46 H
13	Sun	12:41 AM	1.03 L	5:52 AM	5.83 H	1:59 PM	0.51 L	7:26 PM	4.46 H
14	Mon	1:21 AM	1.04 L	6:30 AM	5.80 H	2:40 PM	0.55 L	8:08 PM	4.52 H
15	Tue	2:07 AM	1.06 L	7:16 AM	5.72 H	3:23 PM	0.57 L	8:52 PM	4.64 H
16	Wed	2:59 AM	1.11 L	8:08 AM	5.57 H	4:09 PM	0.59 L	9:40 PM	4.79 H
17	Thu	4:00 AM	1.17 L	9:04 AM	5.35 H	4:58 PM	0.59 L	10:33 PM	4.95 H
18	Fri	5:10 AM	1.19 L	10:09 AM	5.09 H	5:51 PM	0.58 L	11:30 PM	5.14 H
19	Sat	6:22 AM	1.11 L	11:27 AM	4.86 H	6:46 PM	0.56 L	No PM High	
20	Sun	12:27 AM	5.36 H	7:29 AM	0.93 L	12:43 PM	4.72 H	7:42 PM	0.51 L
21	Mon	1:22 AM	5.59 H	8:33 AM	0.66 L	1:49 PM	4.68 H	8:37 PM	0.45 L
22	Tue	2:15 AM	5.80 H	9:33 AM	0.37 L	2:47 PM	4.68 H	9:32 PM	0.39 L
23	Wed	3:05 AM	5.95 H	10:29 AM	0.11 L	3:42 PM	4.69 H	10:26 PM	0.35 L
24	Thu	3:54 AM	5.99 H	11:22 AM	-0.06 L	4:35 PM	4.67 H	11:18 PM	0.34 L
25	Fri	4:44 AM	5.92 H	12:14 PM	-0.14 L	5:29 PM	4.62 H	No PM Low	
26	Sat	12:10 AM	0.36 L	5:35 AM	5.76 H	1:04 PM	-0.14 L	6:24 PM	4.57 H
27	Sun	1:02 AM	0.43 L	6:29 AM	5.54 H	1:53 PM	-0.08 L	7:22 PM	4.55 H
28	Mon	1:54 AM	0.53 L	7:27 AM	5.31 H	2:42 PM	-0.00 L	8:19 PM	4.58 H
29	Tue	2:47 AM	0.65 L	8:26 AM	5.10 H	3:31 PM	0.09 L	9:16 PM	4.65 H
30	Wed	3:42 AM	0.77 L	9:24 AM	4.91 H	4:19 PM	0.17 L	10:11 PM	4.74 H

Troy

1	Tue	4:46 AM	1.10 L	10:16 AM	5.60 H	5:34 PM	0.52 L	11:06 PM	5.33 H
2	Wed	5:46 AM	1.13 L	11:17 AM	5.46 H	6:26 PM	0.54 L	No PM High	
3	Thu	12:03 AM	5.47 H	6:45 AM	1.09 L	12:15 PM	5.35 H	7:17 PM	0.53 L
4	Fri	12:57 AM	5.64 H	7:43 AM	0.99 L	1:11 PM	5.28 H	8:05 PM	0.52 L
5	Sat	1:49 AM	5.82 H	8:39 AM	0.84 L	2:04 PM	5.25 H	8:52 PM	0.53 L
6	Sun	2:37 AM	5.99 H	9:32 AM	0.67 L	2:54 PM	5.21 H	9:35 PM	0.56 L
7	Mon	3:21 AM	6.11 H	10:21 AM	0.49 L	3:41 PM	5.17 H	10:16 PM	0.62 L
8	Tue	4:01 AM	6.17 H	11:08 AM	0.36 L	4:25 PM	5.08 H	10:55 PM	0.70 L
9	Wed	4:37 AM	6.16 H	11:52 AM	0.29 L	5:08 PM	4.96 H	11:32 PM	0.79 L
10	Thu	5:09 AM	6.11 H	12:34 PM	0.28 L	5:49 PM	4.83 H	No PM Low	
11	Fri	12:07 AM	0.86 L	5:35 AM	6.05 H	1:16 PM	0.31 L	6:30 PM	4.72 H
12	Sat	12:43 AM	0.91 L	5:51 AM	6.02 H	1:57 PM	0.36 L	7:10 PM	4.66 H
13	Sun	1:20 AM	0.93 L	6:17 AM	6.03 H	2:38 PM	0.41 L	7:51 PM	4.66 H
14	Mon	2:00 AM	0.94 L	6:55 AM	6.00 H	3:19 PM	0.45 L	8:33 PM	4.72 H
15	Tue	2:46 AM	0.97 L	7:41 AM	5.92 H	4:02 PM	0.48 L	9:17 PM	4.84 H
16	Wed	3:38 AM	1.01 L	8:33 AM	5.76 H	4:48 PM	0.49 L	10:05 PM	4.98 H
17	Thu	4:39 AM	1.07 L	9:29 AM	5.55 H	5:37 PM	0.50 L	10:58 PM	5.15 H
18	Fri	5:49 AM	1.09 L	10:34 AM	5.29 H	6:30 PM	0.49 L	11:55 PM	5.34 H
19	Sat	7:01 AM	1.01 L	11:52 AM	5.05 H	7:25 PM	0.46 L	No PM High	
20	Sun	12:52 AM	5.55 H	8:08 AM	0.83 L	1:08 PM	4.92 H	8:21 PM	0.41 L
21	Mon	1:47 AM	5.79 H	9:12 AM	0.56 L	2:14 PM	4.88 H	9:16 PM	0.35 L
22	Tue	2:40 AM	6.00 H	10:12 AM	0.27 L	3:12 PM	4.88 H	10:11 PM	0.29 L
23	Wed	3:30 AM	6.15 H	11:08 AM	0.02 L	4:07 PM	4.89 H	11:05 PM	0.25 L
24	Thu	4:19 AM	6.19 H	12:01 PM	-0.16 L	5:00 PM	4.87 H	11:57 PM	0.24 L
25	Fri	5:09 AM	6.12 H	12:53 PM	-0.24 L	5:54 PM	4.82 H	No PM Low	
26	Sat	12:49 AM	0.27 L	6:00 AM	5.96 H	1:43 PM	-0.24 L	6:49 PM	4.77 H
27	Sun	1:41 AM	0.33 L	6:54 AM	5.74 H	2:32 PM	-0.18 L	7:47 PM	4.75 H
28	Mon	2:33 AM	0.43 L	7:52 AM	5.51 H	3:21 PM	-0.10 L	8:44 PM	4.78 H
29	Tue	3:26 AM	0.55 L	8:51 AM	5.30 H	4:10 PM	-0.01 L	9:41 PM	4.85 H
30	Wed	4:21 AM	0.67 L	9:49 AM	5.11 H	4:58 PM	0.08 L	10:36 PM	4.93 H



The Battery									
1	Thu	2:13 AM	4.69 H	8:39 AM	0.45 L	2:54 PM	4.63 H	9:14 PM	1.12 L
2	Fri	3:03 AM	4.40 H	9:31 AM	0.60 L	3:43 PM	4.63 H	10:13 PM	1.12 L
3	Sat	3:55 AM	4.16 H	10:20 AM	0.70 L	4:33 PM	4.66 H	11:07 PM	1.03 L
4	Sun	4:50 AM	4.01 H	11:06 AM	0.75 L	5:24 PM	4.74 H	11:56 PM	0.89 L
5	Mon	5:47 AM	3.96 H	11:50 AM	0.78 L	6:12 PM	4.85 H	No PM Low	
6	Tue	12:43 AM	0.72 L	6:40 AM	4.00 H	12:34 PM	0.77 L	6:56 PM	4.98 H
7	Wed	1:28 AM	0.56 L	7:28 AM	4.09 H	1:17 PM	0.74 L	7:37 PM	5.09 H
8	Thu	2:13 AM	0.41 L	8:11 AM	4.17 H	2:01 PM	0.70 L	8:13 PM	5.17 H
9	Fri	2:56 AM	0.29 L	8:52 AM	4.23 H	2:45 PM	0.64 L	8:48 PM	5.22 H
10	Sat	3:38 AM	0.19 L	9:32 AM	4.26 H	3:27 PM	0.58 L	9:21 PM	5.23 H
11	Sun	4:18 AM	0.13 L	10:11 AM	4.28 H	4:07 PM	0.55 L	9:56 PM	5.22 H
12	Mon	4:56 AM	0.12 L	10:52 AM	4.31 H	4:46 PM	0.55 L	10:34 PM	5.17 H
13	Tue	5:34 AM	0.14 L	11:35 AM	4.38 H	5:27 PM	0.60 L	11:18 PM	5.10 H
14	Wed	6:12 AM	0.18 L	12:20 PM	4.50 H	6:12 PM	0.68 L	No PM High	
15	Thu	12:07 AM	4.99 H	6:54 AM	0.25 L	1:07 PM	4.67 H	7:07 PM	0.79 L
16	Fri	1:00 AM	4.85 H	7:43 AM	0.32 L	1:55 PM	4.86 H	8:17 PM	0.84 L
17	Sat	1:55 AM	4.69 H	8:42 AM	0.36 L	2:46 PM	5.06 H	9:30 PM	0.77 L
18	Sun	2:54 AM	4.52 H	9:44 AM	0.35 L	3:42 PM	5.25 H	10:36 PM	0.56 L
19	Mon	3:59 AM	4.39 H	10:44 AM	0.28 L	4:44 PM	5.43 H	11:37 PM	0.30 L
20	Tue	5:11 AM	4.37 H	11:42 AM	0.18 L	5:48 PM	5.63 H	No PM Low	
21	Wed	12:34 AM	0.03 L	6:21 AM	4.46 H	12:38 PM	0.07 L	6:49 PM	5.83 H
22	Thu	1:30 AM	-0.20 L	07:23 AM	4.64 H	1:35 PM	-0.02 L	7:45 PM	5.97 H
23	Fri	2:24 AM	-0.39 L	08:19 AM	4.80 H	2:30 PM	-0.09 L	8:37 PM	6.01 H
24	Sat	3:15 AM	-0.50 L	09:11 AM	4.91 H	3:23 PM	-0.10 L	9:28 PM	5.93 H
25	Sun	4:04 AM	-0.52 L	10:04 AM	4.95 H	4:13 PM	-0.02 L	10:19 PM	5.76 H
26	Mon	4:50 AM	-0.44 L	10:57 AM	4.93 H	5:02 PM	0.15 L	11:10 PM	5.50 H
27	Tue	5:35 AM	-0.25 L	11:49 AM	4.88 H	5:50 PM	0.41 L	No PM High	
28	Wed	12:00 AM	5.20 H	6:19 AM	0.01 L	12:40 PM	4.82 H	6:40 PM	0.72 L
29	Thu	12:50 AM	4.88 H	7:03 AM	0.32 L	1:27 PM	4.75 H	7:34 PM	1.01 L
30	Fri	1:38 AM	4.56 H	7:50 AM	0.62 L	2:13 PM	4.68 H	8:34 PM	1.21 L
31	Sat	2:26 AM	4.26 H	8:41 AM	0.87 L	2:59 PM	4.62 H	9:35 PM	1.27 L

# July

## TIDES

Spuyten Duyvil									
1	Thu	3:05 AM	3.94 H	9:27 AM	0.38 L	3:46 PM	3.89 H	10:02 PM	0.94 L
2	Fri	3:55 AM	3.70 H	10:19 AM	0.51 L	4:35 PM	3.89 H	11:01 PM	0.94 L
3	Sat	4:47 AM	3.50 H	11:08 AM	0.59 L	5:25 PM	3.92 H	11:55 PM	0.86 L
4	Sun	5:42 AM	3.37 H	11:54 AM	0.63 L	6:16 PM	3.98 H	No PM Low	
5	Mon	12:44 AM	0.74 L	6:39 AM	3.33 H	12:38 PM	0.65 L	7:04 PM	4.08 H
6	Tue	1:31 AM	0.61 L	7:32 AM	3.36 H	1:22 PM	0.65 L	7:48 PM	4.18 H
7	Wed	2:16 AM	0.47 L	8:20 AM	3.43 H	2:05 PM	0.63 L	8:29 PM	4.27 H
8	Thu	3:01 AM	0.35 L	9:03 AM	3.50 H	2:49 PM	0.59 L	9:05 PM	4.34 H
9	Fri	3:44 AM	0.24 L	9:44 AM	3.55 H	3:33 PM	0.54 L	9:40 PM	4.38 H
10	Sat	4:26 AM	0.16 L	10:24 AM	3.58 H	4:15 PM	0.49 L	10:13 PM	4.40 H
11	Sun	5:06 AM	0.11 L	11:03 AM	3.60 H	4:55 PM	0.46 L	10:48 PM	4.38 H
12	Mon	5:44 AM	0.10 L	11:44 AM	3.62 H	5:34 PM	0.46 L	11:26 PM	4.35 H
13	Tue	6:22 AM	0.11 L	12:27 PM	3.68 H	6:15 PM	0.50 L	No PM High	
14	Wed	12:10 AM	4.28 H	7:00 AM	0.15 L	1:12 PM	3.78 H	7:00 PM	0.57 L
15	Thu	12:59 AM	4.19 H	7:42 AM	0.21 L	1:59 PM	3.92 H	7:55 PM	0.66 L
16	Fri	1:52 AM	4.07 H	8:31 AM	0.27 L	2:47 PM	4.09 H	8:50 PM	0.71 L
17	Sat	2:47 AM	3.94 H	9:30 AM	0.30 L	3:38 PM	4.25 H	10:18 PM	0.64 L
18	Sun	3:46 AM	3.80 H	10:32 AM	0.29 L	4:34 PM	4.41 H	11:24 PM	0.47 L
19	Mon	4:51 AM	3.69 H	11:32 AM	0.23 L	5:36 PM	4.56 H	No PM Low	
20	Tue	12:25 AM	0.25 L	6:03 AM	3.67 H	12:30 PM	0.15 L	6:40 PM	4.73 H
21	Wed	1:22 AM	0.03 L	7:13 AM	3.75 H	1:26 PM	0.06 L	7:41 PM	4.89 H
22	Thu	2:18 AM	-0.17 L	08:15 AM	3.90 H	2:23 PM	-0.02 L	8:37 PM	5.01 H
23	Fri	3:12 AM	-0.32 L	09:11 AM	4.03 H	3:18 PM	-0.07 L	9:29 PM	5.05 H
24	Sat	4:03 AM	-0.42 L	10:03 AM	4.12 H	4:11 PM	-0.08 L	10:20 PM	4.99 H
25	Sun	4:52 AM	-0.44 L	10:56 AM	4.16 H	5:01 PM	-0.02 L	11:11 PM	4.83 H
26	Mon	5:38 AM	-0.37 L	11:49 AM	4.14 H	5:50 PM	0.13 L	No PM High	
27	Tue	12:02 AM	4.62 H	6:23 AM	-0.21 L	12:41 PM	4.10 H	6:38 PM	0.35 L
28	Wed	12:52 AM	4.37 H	7:07 AM	0.01 L	1:32 PM	4.05 H	7:28 PM	0.61 L
29	Thu	1:42 AM	4.10 H	7:51 AM	0.27 L	2:19 PM	3.99 H	8:22 PM	0.85 L
30	Fri	2:30 AM	3.83 H	8:38 AM	0.52 L	3:05 PM	3.93 H	9:22 PM	1.01 L
31	Sat	3:18 AM	3.58 H	9:29 AM	0.73 L	3:51 PM	3.88 H	10:23 PM	1.07 L



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Tarrytown									
1	Thu	4:02 AM	3.28 H	10:36 AM	0.32 L	4:43 PM	3.24 H	11:11 PM	0.79 L
2	Fri	4:52 AM	3.08 H	11:28 AM	0.42 L	5:32 PM	3.24 H	No PM Low	
3	Sat	12:10 AM	0.78 L	5:44 AM	2.92 H	12:17 PM	0.49 L	6:22 PM	3.26 H
4	Sun	1:04 AM	0.72 L	6:39 AM	2.81 H	1:03 PM	0.53 L	7:13 PM	3.32 H
5	Mon	1:53 AM	0.62 L	7:36 AM	2.77 H	1:47 PM	0.54 L	8:01 PM	3.40 H
6	Tue	2:40 AM	0.51 L	8:29 AM	2.80 H	2:31 PM	0.54 L	8:45 PM	3.48 H
7	Wed	3:25 AM	0.39 L	9:17 AM	2.86 H	3:14 PM	0.52 L	9:26 PM	3.56 H
8	Thu	4:10 AM	0.29 L	10:00 AM	2.92 H	3:58 PM	0.49 L	10:02 PM	3.62 H
9	Fri	4:53 AM	0.20 L	10:41 AM	2.96 H	4:42 PM	0.45 L	10:37 PM	3.65 H
10	Sat	5:35 AM	0.13 L	11:21 AM	2.98 H	5:24 PM	0.41 L	11:10 PM	3.66 H
11	Sun	6:15 AM	0.09 L	12:00 PM	3.00 H	6:04 PM	0.39 L	11:45 PM	3.65 H
12	Mon	6:53 AM	0.08 L	12:41 PM	3.02 H	6:43 PM	0.39 L	No PM High	
13	Tue	12:23 AM	3.62 H	7:31 AM	0.10 L	1:24 PM	3.07 H	7:24 PM	0.42 L
14	Wed	1:07 AM	3.57 H	8:09 AM	0.13 L	2:09 PM	3.15 H	8:09 PM	0.48 L
15	Thu	1:56 AM	3.49 H	8:51 AM	0.17 L	2:56 PM	3.27 H	9:04 PM	0.55 L
16	Fri	2:49 AM	3.40 H	9:40 AM	0.22 L	3:44 PM	3.40 H	10:14 PM	0.59 L
17	Sat	3:44 AM	3.28 H	10:39 AM	0.25 L	4:35 PM	3.54 H	11:27 PM	0.54 L
18	Sun	4:43 AM	3.17 H	11:41 AM	0.24 L	5:31 PM	3.67 H	No PM Low	
19	Mon	12:33 AM	0.39 L	5:48 AM	3.08 H	12:41 PM	0.19 L	6:33 PM	3.80 H
20	Tue	1:34 AM	0.21 L	7:00 AM	3.06 H	1:39 PM	0.13 L	7:37 PM	3.94 H
21	Wed	2:31 AM	0.02 L	8:10 AM	3.13 H	2:35 PM	0.05 L	8:38 PM	4.08 H
22	Thu	3:27 AM	-0.14 L	09:12 AM	3.25 H	3:32 PM	-0.01 L	9:34 PM	4.18 H
23	Fri	4:21 AM	-0.27 L	10:08 AM	3.36 H	4:27 PM	-0.06 L	10:26 PM	4.21 H
24	Sat	5:12 AM	-0.35 L	11:00 AM	3.44 H	5:20 PM	-0.07 L	11:17 PM	4.15 H
25	Sun	6:01 AM	-0.36 L	11:53 AM	3.46 H	6:10 PM	-0.01 L	No PM High	
26	Mon	12:08 AM	4.03 H	6:47 AM	-0.31 L	12:46 PM	3.45 H	6:59 PM	0.11 L
27	Tue	12:59 AM	3.85 H	7:32 AM	-0.18 L	1:38 PM	3.42 H	7:47 PM	0.29 L
28	Wed	1:49 AM	3.64 H	8:16 AM	0.01 L	2:29 PM	3.38 H	8:37 PM	0.51 L
29	Thu	2:39 AM	3.42 H	9:00 AM	0.22 L	3:16 PM	3.33 H	9:31 PM	0.71 L
30	Fri	3:27 AM	3.19 H	9:47 AM	0.43 L	4:02 PM	3.28 H	10:31 PM	0.84 L
31	Sat	4:15 AM	2.98 H	10:38 AM	0.61 L	4:48 PM	3.23 H	11:32 PM	0.89 L

Haverstraw									
1	Thu	4:36 AM	3.30 H	11:23 AM	0.20 L	5:27 PM	3.13 H	11:51 PM	0.71 L
2	Fri	5:29 AM	3.10 H	12:13 PM	0.17 L	6:21 PM	3.17 H	No PM Low	
3	Sat	12:54 AM	0.69 L	6:23 AM	2.94 H	1:01 PM	0.15 L	7:16 PM	3.27 H
4	Sun	1:53 AM	0.63 L	7:21 AM	2.85 H	1:48 PM	0.15 L	8:09 PM	3.44 H
5	Mon	2:46 AM	0.56 L	8:18 AM	2.84 H	2:32 PM	0.18 L	8:56 PM	3.63 H
6	Tue	3:36 AM	0.50 L	9:10 AM	2.89 H	3:14 PM	0.25 L	9:38 PM	3.81 H
7	Wed	4:25 AM	0.47 L	9:57 AM	2.95 H	3:56 PM	0.33 L	10:16 PM	3.95 H
8	Thu	5:11 AM	0.46 L	10:41 AM	3.01 H	4:39 PM	0.41 L	10:51 PM	4.03 H
9	Fri	5:56 AM	0.44 L	11:23 AM	3.03 H	5:22 PM	0.47 L	11:24 PM	4.07 H
10	Sat	6:37 AM	0.43 L	12:02 PM	3.03 H	6:05 PM	0.48 L	11:57 PM	4.05 H
11	Sun	7:17 AM	0.40 L	12:39 PM	3.02 H	6:46 PM	0.46 L	No PM High	
12	Mon	12:31 AM	3.99 H	7:54 AM	0.36 L	1:17 PM	3.02 H	7:27 PM	0.41 L
13	Tue	1:09 AM	3.88 H	8:31 AM	0.29 L	1:58 PM	3.03 H	8:09 PM	0.38 L
14	Wed	1:53 AM	3.74 H	9:08 AM	0.21 L	2:44 PM	3.08 H	8:56 PM	0.36 L
15	Thu	2:42 AM	3.57 H	9:48 AM	0.12 L	3:35 PM	3.16 H	9:53 PM	0.39 L
16	Fri	3:36 AM	3.39 H	10:33 AM	0.05 L	4:27 PM	3.27 H	11:00 PM	0.43 L
17	Sat	4:32 AM	3.23 H	11:24 AM	0.00 L	5:21 PM	3.41 H	No PM Low	
18	Sun	12:12 AM	0.45 L	5:31 AM	3.09 H	12:21 PM	-0.02 L	6:19 PM	3.56 H
19	Mon	1:22 AM	0.42 L	6:34 AM	3.01 H	1:21 PM	-0.02 L	7:20 PM	3.73 H
20	Tue	2:25 AM	0.36 L	7:42 AM	3.01 H	2:19 PM	-0.01 L	8:20 PM	3.92 H
21	Wed	3:24 AM	0.30 L	8:46 AM	3.11 H	3:15 PM	0.01 L	9:16 PM	4.09 H
22	Thu	4:20 AM	0.25 L	9:44 AM	3.22 H	4:10 PM	0.07 L	10:09 PM	4.20 H
23	Fri	5:15 AM	0.22 L	10:39 AM	3.31 H	5:05 PM	0.13 L	10:59 PM	4.22 H
24	Sat	6:06 AM	0.19 L	11:31 AM	3.35 H	5:59 PM	0.18 L	11:48 PM	4.16 H
25	Sun	6:54 AM	0.17 L	12:23 PM	3.33 H	6:50 PM	0.25 L	No PM High	
26	Mon	12:36 AM	4.03 H	7:39 AM	0.15 L	1:14 PM	3.27 H	7:38 PM	0.33 L
27	Tue	1:25 AM	3.83 H	8:22 AM	0.14 L	2:08 PM	3.20 H	8:26 PM	0.43 L
28	Wed	2:15 AM	3.60 H	9:05 AM	0.14 L	3:02 PM	3.14 H	9:18 PM	0.55 L
29	Thu	3:06 AM	3.37 H	9:48 AM	0.15 L	3:56 PM	3.11 H	10:14 PM	0.66 L
30	Fri	3:58 AM	3.15 H	10:32 AM	0.17 L	4:47 PM	3.12 H	11:14 PM	0.74 L
31	Sat	4:50 AM	2.95 H	11:18 AM	0.21 L	5:37 PM	3.16 H	No PM Low	



Peekskill										
1	Thu	4:41 AM	3:00 H	11:42 AM	0:29 L	5:22 PM	2:97 H	No PM Low		
2	Fri	12:17 AM	0:72 L	5:31 AM	2:82 H	12:34 PM	0:39 L	6:11 PM	2:96 H	
3	Sat	1:16 AM	0:72 L	6:23 AM	2:67 H	1:23 PM	0:45 L	7:01 PM	2:98 H	
4	Sun	2:10 AM	0:66 L	7:18 AM	2:57 H	2:09 PM	0:48 L	7:52 PM	3:03 H	
5	Mon	2:59 AM	0:57 L	8:15 AM	2:54 H	2:53 PM	0:50 L	8:40 PM	3:10 H	
6	Tue	3:46 AM	0:46 L	9:08 AM	2:56 H	3:37 PM	0:49 L	9:24 PM	3:19 H	
7	Wed	4:31 AM	0:36 L	9:56 AM	2:62 H	4:20 PM	0:48 L	10:05 PM	3:26 H	
8	Thu	5:16 AM	0:26 L	10:39 AM	2:67 H	5:04 PM	0:45 L	10:41 PM	3:31 H	
9	Fri	5:59 AM	0:18 L	11:20 AM	2:71 H	5:48 PM	0:41 L	11:16 PM	3:34 H	
10	Sat	6:41 AM	0:12 L	12:00 PM	2:73 H	6:30 PM	0:37 L	11:49 PM	3:35 H	
11	Sun	7:21 AM	0:09 L	12:39 PM	2:74 H	7:10 PM	0:35 L	No PM High		
12	Mon	12:24 AM	3:34 H	7:59 AM	0:07 L	1:20 PM	2:76 H	7:49 PM	0:35 L	
13	Tue	1:02 AM	3:31 H	8:37 AM	0:09 L	2:03 PM	2:80 H	8:30 PM	0:38 L	
14	Wed	1:46 AM	3:26 H	9:15 AM	0:12 L	2:48 PM	2:88 H	9:15 PM	0:44 L	
15	Thu	2:35 AM	3:19 H	9:57 AM	0:16 L	3:35 PM	2:99 H	10:10 PM	0:50 L	
16	Fri	3:28 AM	3:10 H	10:46 AM	0:20 L	4:23 PM	3:11 H	11:20 PM	0:54 L	
17	Sat	4:23 AM	3:00 H	11:45 AM	0:23 L	5:14 PM	3:24 H	No PM Low		
18	Sun	12:33 AM	0:49 L	5:22 AM	2:90 H	12:47 PM	0:22 L	6:10 PM	3:36 H	
19	Mon	1:39 AM	0:36 L	6:27 AM	2:81 H	1:47 PM	0:18 L	7:12 PM	3:48 H	
20	Tue	2:40 AM	0:19 L	7:39 AM	2:79 H	2:45 PM	0:11 L	8:16 PM	3:60 H	
21	Wed	3:37 AM	0:02 L	8:49 AM	2:86 H	3:41 PM	0:05 L	9:17 PM	3:73 H	
22	Thu	4:33 AM	-0:13 L	9:51 AM	2:97 H	4:38 PM	-0:01 L	10:13 PM	3:82 H	
23	Fri	5:27 AM	-0:25 L	10:47 AM	3:07 H	5:33 PM	-0:06 L	11:05 PM	3:85 H	
24	Sat	6:18 AM	-0:32 L	11:39 AM	3:14 H	6:26 PM	-0:06 L	11:56 PM	3:80 H	
25	Sun	7:07 AM	-0:33 L	12:32 PM	3:17 H	7:16 PM	-0:01 L	No PM High		
26	Mon	12:47 AM	3:68 H	7:53 AM	-0:28 L	1:25 PM	3:15 H	8:05 PM	0:10 L	
27	Tue	1:38 AM	3:52 H	8:38 AM	-0:16 L	2:17 PM	3:13 H	8:53 PM	0:27 L	
28	Wed	2:28 AM	3:33 H	9:22 AM	0:01 L	3:08 PM	3:09 H	9:43 PM	0:46 L	
29	Thu	3:18 AM	3:12 H	10:06 AM	0:20 L	3:55 PM	3:04 H	10:37 PM	0:65 L	
30	Fri	4:06 AM	2:92 H	10:53 AM	0:40 L	4:41 PM	3:00 H	11:37 PM	0:77 L	
31	Sat	4:54 AM	2:73 H	11:44 AM	0:56 L	5:27 PM	2:95 H	No PM Low		

July

TIDES

Newburgh										
1	Thu	12:14 AM	0:64 L	5:59 AM	2:91 H	12:42 PM	0:29 L	6:40 PM	2:87 H	
2	Fri	1:17 AM	0:72 L	6:49 AM	2:73 H	1:34 PM	0:39 L	7:29 PM	2:87 H	
3	Sat	2:16 AM	0:72 L	7:41 AM	2:58 H	2:23 PM	0:45 L	8:19 PM	2:89 H	
4	Sun	3:10 AM	0:66 L	8:36 AM	2:49 H	3:09 PM	0:48 L	9:10 PM	2:94 H	
5	Mon	3:59 AM	0:57 L	9:33 AM	2:46 H	3:53 PM	0:50 L	9:58 PM	3:01 H	
6	Tue	4:46 AM	0:46 L	10:26 AM	2:48 H	4:37 PM	0:49 L	10:42 PM	3:08 H	
7	Wed	5:31 AM	0:36 L	11:14 AM	2:53 H	5:20 PM	0:48 L	11:23 PM	3:15 H	
8	Thu	6:16 AM	0:26 L	11:57 AM	2:58 H	6:04 PM	0:45 L	11:59 PM	3:21 H	
9	Fri	6:59 AM	0:18 L	12:38 PM	2:62 H	6:48 PM	0:41 L	No PM High		
10	Sat	12:34 AM	3:23 H	7:41 AM	0:12 L	1:18 PM	2:64 H	7:30 PM	0:37 L	
11	Sun	1:07 AM	3:25 H	8:21 AM	0:09 L	1:57 PM	2:65 H	8:10 PM	0:35 L	
12	Mon	1:42 AM	3:24 H	8:59 AM	0:07 L	2:38 PM	2:67 H	8:49 PM	0:35 L	
13	Tue	2:20 AM	3:21 H	9:37 AM	0:09 L	3:21 PM	2:72 H	9:30 PM	0:38 L	
14	Wed	3:04 AM	3:16 H	10:15 AM	0:12 L	4:06 PM	2:79 H	10:15 PM	0:44 L	
15	Thu	3:53 AM	3:09 H	10:57 AM	0:16 L	4:53 PM	2:90 H	11:10 PM	0:50 L	
16	Fri	4:46 AM	3:01 H	11:46 AM	0:20 L	5:41 PM	3:02 H	No PM Low		
17	Sat	12:20 AM	0:54 L	5:41 AM	2:91 H	12:45 PM	0:23 L	6:32 PM	3:14 H	
18	Sun	1:33 AM	0:49 L	6:40 AM	2:81 H	1:47 PM	0:22 L	7:28 PM	3:25 H	
19	Mon	2:39 AM	0:36 L	7:45 AM	2:72 H	2:47 PM	0:18 L	8:30 PM	3:37 H	
20	Tue	3:40 AM	0:19 L	8:57 AM	2:71 H	3:45 PM	0:11 L	9:34 PM	3:49 H	
21	Wed	4:37 AM	0:02 L	10:07 AM	2:77 H	4:41 PM	0:05 L	10:35 PM	3:61 H	
22	Thu	5:33 AM	-0:13 L	11:09 AM	2:88 H	5:38 PM	-0:01 L	11:31 PM	3:70 H	
23	Fri	6:27 AM	-0:25 L	12:05 PM	2:98 H	6:33 PM	-0:06 L	No PM High		
24	Sat	12:23 AM	3:73 H	7:18 AM	-0:32 L	12:57 PM	3:04 H	7:26 PM	-0:06 L	
25	Sun	1:14 AM	3:68 H	8:07 AM	-0:33 L	1:50 PM	3:07 H	8:16 PM	-0:01 L	
26	Mon	2:05 AM	3:57 H	8:53 AM	-0:28 L	2:43 PM	3:06 H	9:05 PM	0:10 L	
27	Tue	2:56 AM	3:41 H	9:38 AM	-0:16 L	3:35 PM	3:03 H	9:53 PM	0:27 L	
28	Wed	3:46 AM	3:23 H	10:22 AM	0:01 L	4:26 PM	2:99 H	10:43 PM	0:46 L	
29	Thu	4:36 AM	3:03 H	11:06 AM	0:20 L	5:13 PM	2:95 H	11:37 PM	0:65 L	
30	Fri	5:24 AM	2:83 H	11:53 AM	0:40 L	5:59 PM	2:90 H	No PM Low		
31	Sat	12:37 AM	0:77 L	6:12 AM	2:64 H	12:44 PM	0:56 L	6:45 PM	2:86 H	

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SEA TOW

Poughkeepsie										
1	Thu	12:57 AM	0:68 L	6:47 AM	3:19 H	1:25 PM	0:31 L	7:28 PM	3:15 H	
2	Fri	2:00 AM	0:76 L	7:37 AM	2:99 H	2:17 PM	0:41 L	8:17 PM	3:15 H	
3	Sat	2:59 AM	0:76 L	8:29 AM	2:83 H	3:06 PM	0:48 L	9:07 PM	3:17 H	
4	Sun	3:53 AM	0:70 L	9:24 AM	2:73 H	3:52 PM	0:51 L	9:58 PM	3:22 H	
5	Mon	4:42 AM	0:60 L	10:21 AM	2:69 H	4:36 PM	0:53 L	10:46 PM	3:30 H	
6	Tue	5:29 AM	0:49 L	11:14 AM	2:72 H	5:20 PM	0:53 L	11:30 PM	3:38 H	
7	Wed	6:14 AM	0:38 L	12:02 PM	2:78 H	6:03 PM	0:51 L	No PM High		
8	Thu	12:11 AM	3:46 H	6:59 AM	0:28 L	12:45 PM	2:84 H	6:47 PM	0:47 L	
9	Fri	12:47 AM	3:52 H	7:42 AM	0:19 L	1:26 PM	2:88 H	7:31 PM	0:43 L	
10	Sat	1:22 AM	3:55 H	8:24 AM	0:13 L	2:06 PM	2:90 H	8:13 PM	0:40 L	
11	Sun	1:55 AM	3:56 H	9:04 AM	0:09 L	2:45 PM	2:91 H	8:53 PM	0:37 L	
12	Mon	2:30 AM	3:55 H	9:42 AM	0:08 L	3:26 PM	2:93 H	9:32 PM	0:38 L	
13	Tue	3:08 AM	3:52 H	10:20 AM	0:09 L	4:09 PM	2:98 H	10:13 PM	0:41 L	
14	Wed	3:52 AM	3:46 H	10:58 AM	0:12 L	4:54 PM	3:06 H	10:58 PM	0:46 L	
15	Thu	4:41 AM	3:39 H	11:40 AM	0:17 L	5:41 PM	3:17 H	11:53 PM	0:53 L	
16	Fri	5:34 AM	3:30 H	12:29 PM	0:21 L	6:29 PM	3:31 H	No PM Low		
17	Sat	1:03 AM	0:57 L	6:29 AM	3:19 H	1:28 PM	0:24 L	7:20 PM	3:44 H	
18	Sun	2:16 AM	0:52 L	7:28 AM	3:08 H	2:30 PM	0:24 L	8:16 PM	3:57 H	
19	Mon	3:22 AM	0:38 L	8:33 AM	2:99 H	3:30 PM	0:19 L	9:18 PM	3:69 H	
20	Tue	4:23 AM	0:20 L	9:45 AM	2:97 H	4:28 PM	0:12 L	10:22 PM	3:83 H	
21	Wed	5:20 AM	0:02 L	10:55 AM	3:04 H	5:24 PM	0:05 L	11:23 PM	3:96 H	
22	Thu	6:16 AM	-0:14 L	11:57 AM	3:15 H	6:21 PM	-0:01 L	No PM High		
23	Fri	12:19 AM	4:06 H	7:10 AM	-0:26 L	12:53 PM	3:27 H	7:16 PM	-0:06 L	
24	Sat	1:11 AM	4:08 H	8:01 AM	-0:34 L	1:45 PM	3:34 H	8:09 PM	-0:07 L	
25	Sun	2:02 AM	4:04 H	8:50 AM	-0:35 L	2:38 PM	3:36 H	8:59 PM	-0:01 L	
26	Mon	2:53 AM	3:91 H	9:36 AM	-0:30 L	3:31 PM	3:35 H	9:48 PM	0:10 L	
27	Tue	3:44 AM	3:74 H	10:21 AM	-0:17 L	4:23 PM	3:32 H	10:36 PM	0:28 L	
28	Wed	4:34 AM	3:54 H	11:05 AM	0:01 L	5:14 PM	3:28 H	11:26 PM	0:49 L	
29	Thu	5:24 AM	3:32 H	11:49 AM	0:21 L	6:01 PM	3:23 H	No PM Low		
30	Fri	12:20 AM	0:69 L	6:12 AM	3:10 H	12:36 PM	0:42 L	6:47 PM	3:18 H	
31	Sat	1:20 AM	0:82 L	7:00 AM	2:90 H	1:27 PM	0:59 L	7:33 PM	3:14 H	

July

TIDES

Kingston

1	Thu	1:45 AM	0.81 L	7:33 AM	3.80 H	2:13 PM	0.37 L	8:14 PM	3.75 H
2	Fri	2:48 AM	0.92 L	8:23 AM	3.56 H	3:05 PM	0.50 L	9:03 PM	3.75 H
3	Sat	3:47 AM	0.92 L	9:15 AM	3.37 H	3:54 PM	0.57 L	9:53 PM	3.77 H
4	Sun	4:41 AM	0.84 L	10:10 AM	3.25 H	4:40 PM	0.62 L	10:44 PM	3.84 H
5	Mon	5:30 AM	0.73 L	11:07 AM	3.21 H	5:24 PM	0.64 L	11:32 PM	3.93 H
6	Tue	6:17 AM	0.59 L	12:00 PM	3.24 H	6:08 PM	0.63 L	No PM High	
7	Wed	12:16 AM	4.03 H	7:02 AM	0.46 L	12:48 PM	3.31 H	6:51 PM	0.61 L
8	Thu	12:57 AM	4.12 H	7:47 AM	0.34 L	1:31 PM	3.38 H	7:35 PM	0.57 L
9	Fri	1:33 AM	4.19 H	8:30 AM	0.23 L	2:12 PM	3.43 H	8:19 PM	0.52 L
10	Sat	2:08 AM	4.23 H	9:12 AM	0.16 L	2:52 PM	3.45 H	9:01 PM	0.48 L
11	Sun	2:41 AM	4.24 H	9:52 AM	0.11 L	3:31 PM	3.47 H	9:41 PM	0.45 L
12	Mon	3:16 AM	4.23 H	10:30 AM	0.10 L	4:12 PM	3.49 H	10:20 PM	0.45 L
13	Tue	3:54 AM	4.19 H	11:08 AM	0.11 L	4:55 PM	3.55 H	11:01 PM	0.49 L
14	Wed	4:38 AM	4.13 H	11:46 AM	0.15 L	5:40 PM	3.65 H	11:46 PM	0.56 L
15	Thu	5:27 AM	4.04 H	12:28 PM	0.20 L	6:27 PM	3.78 H	No PM Low	
16	Fri	12:41 AM	0.65 L	6:20 AM	3.93 H	1:17 PM	0.26 L	7:15 PM	3.94 H
17	Sat	1:51 AM	0.69 L	7:15 AM	3.80 H	2:16 PM	0.29 L	8:06 PM	4.10 H
18	Sun	3:04 AM	0.63 L	8:14 AM	3.66 H	3:18 PM	0.28 L	9:02 PM	4.25 H
19	Mon	4:10 AM	0.46 L	9:19 AM	3.56 H	4:18 PM	0.23 L	10:04 PM	4.40 H
20	Tue	5:11 AM	0.24 L	10:31 AM	3.54 H	5:16 PM	0.15 L	11:08 PM	4.56 H
21	Wed	6:08 AM	0.03 L	11:41 AM	3.62 H	6:12 PM	0.06 L	No PM High	
22	Thu	12:09 AM	4.72 H	7:04 AM	-0.17 L	12:43 PM	3.76 H	7:09 PM	-0.02 L
23	Fri	1:05 AM	4.83 H	7:58 AM	-0.32 L	1:39 PM	3.89 H	8:04 PM	-0.07 L
24	Sat	1:57 AM	4.87 H	8:49 AM	-0.41 L	2:31 PM	3.98 H	8:57 PM	-0.08 L
25	Sun	2:48 AM	4.81 H	9:38 AM	-0.43 L	3:24 PM	4.01 H	9:47 PM	-0.02 L
26	Mon	3:39 AM	4.66 H	10:24 AM	-0.36 L	4:17 PM	3.99 H	10:36 PM	0.13 L
27	Tue	4:30 AM	4.46 H	11:09 AM	-0.21 L	5:09 PM	3.96 H	11:24 PM	0.34 L
28	Wed	5:20 AM	4.21 H	11:53 AM	0.01 L	6:00 PM	3.91 H	No PM Low	
29	Thu	12:14 AM	0.59 L	6:10 AM	3.95 H	12:37 PM	0.26 L	6:47 PM	3.85 H
30	Fri	1:08 AM	0.83 L	6:58 AM	3.69 H	1:24 PM	0.51 L	7:33 PM	3.79 H
31	Sat	2:08 AM	0.99 L	7:46 AM	3.45 H	2:15 PM	0.71 L	8:19 PM	3.74 H



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Hudson										
1	Thu	3:23 AM	0.85 L	9:11 AM	4.13 H	3:51 PM	0.39 L	9:52 PM	4.08 H	
2	Fri	4:26 AM	0.96 L	10:01 AM	3.87 H	4:43 PM	0.52 L	10:41 PM	4.07 H	
3	Sat	5:25 AM	0.96 L	10:53 AM	3.66 H	5:32 PM	0.60 L	11:31 PM	4.10 H	
4	Sun	6:19 AM	0.88 L	11:48 AM	3.53 H	6:18 PM	0.65 L		No PM High	
5	Mon	12:22 AM	4.17 H	7:08 AM	0.76 L	12:45 PM	3.49 H	7:02 PM	0.67 L	
6	Tue	1:10 AM	4.27 H	7:55 AM	0.62 L	1:38 PM	3.52 H	7:46 PM	0.66 L	
7	Wed	1:54 AM	4.38 H	8:40 AM	0.48 L	2:26 PM	3.60 H	8:29 PM	0.64 L	
8	Thu	2:35 AM	4.48 H	9:25 AM	0.35 L	3:09 PM	3.67 H	9:13 PM	0.60 L	
9	Fri	3:11 AM	4.55 H	10:08 AM	0.25 L	3:50 PM	3.72 H	9:57 PM	0.55 L	
10	Sat	3:46 AM	4.59 H	10:50 AM	0.16 L	4:30 PM	3.75 H	10:39 PM	0.50 L	
11	Sun	4:19 AM	4.61 H	11:30 AM	0.12 L	5:09 PM	3.77 H	11:19 PM	0.47 L	
12	Mon	4:54 AM	4.59 H	12:08 PM	0.10 L	5:50 PM	3.79 H	11:58 PM	0.47 L	
13	Tue	5:32 AM	4.55 H	12:46 PM	0.12 L	6:33 PM	3.86 H		No PM Low	
14	Wed	12:39 AM	0.51 L	6:16 AM	4.48 H	1:24 PM	0.16 L	7:18 PM	3.96 H	
15	Thu	1:24 AM	0.59 L	7:05 AM	4.39 H	2:06 PM	0.21 L	8:05 PM	4.11 H	
16	Fri	2:19 AM	0.68 L	7:58 AM	4.27 H	2:55 PM	0.27 L	8:53 PM	4.28 H	
17	Sat	3:29 AM	0.72 L	8:53 AM	4.13 H	3:54 PM	0.31 L	9:44 PM	4.45 H	
18	Sun	4:42 AM	0.66 L	9:52 AM	3.98 H	4:56 PM	0.30 L	10:40 PM	4.62 H	
19	Mon	5:48 AM	0.48 L	10:57 AM	3.87 H	5:56 PM	0.24 L	11:42 PM	4.78 H	
20	Tue	6:49 AM	0.26 L	12:09 PM	3.84 H	6:54 PM	0.15 L		No PM High	
21	Wed	12:46 AM	4.96 H	7:46 AM	0.03 L	1:19 PM	3.93 H	7:50 PM	0.06 L	
22	Thu	1:47 AM	5.13 H	8:42 AM	-0.17 L	2:21 PM	4.08 H	8:47 PM	-0.02 L	
23	Fri	2:43 AM	5.25 H	9:36 AM	-0.33 L	3:17 PM	4.23 H	9:42 PM	-0.07 L	
24	Sat	3:35 AM	5.29 H	10:27 AM	-0.43 L	4:09 PM	4.32 H	10:35 PM	-0.08 L	
25	Sun	4:26 AM	5.22 H	11:16 AM	-0.45 L	5:02 PM	4.35 H	11:25 PM	-0.02 L	
26	Mon	5:17 AM	5.07 H	12:02 PM	-0.38 L	5:55 PM	4.34 H		No PM Low	
27	Tue	12:14 AM	0.13 L	6:08 AM	4.84 H	12:47 PM	-0.22 L	6:47 PM	4.30 H	
28	Wed	1:02 AM	0.36 L	6:58 AM	4.58 H	1:31 PM	0.01 L	7:38 PM	4.25 H	
29	Thu	1:52 AM	0.62 L	7:48 AM	4.29 H	2:15 PM	0.27 L	8:25 PM	4.18 H	
30	Fri	2:46 AM	0.87 L	8:36 AM	4.01 H	3:02 PM	0.53 L	9:11 PM	4.12 H	
31	Sat	3:46 AM	1.04 L	9:24 AM	3.75 H	3:53 PM	0.75 L	9:57 PM	4.06 H	



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Albany										
1	Thu	5:07 AM	0.76 L	10:37 AM	4.93 H	5:36 PM	0.16 L	11:21 PM	5.03 H	
2	Fri	6:04 AM	0.79 L	11:33 AM	4.75 H	6:24 PM	0.25 L		No PM High	
3	Sat	12:14 AM	5.13 H	7:02 AM	0.75 L	12:29 PM	4.59 H	7:11 PM	0.32 L	
4	Sun	1:05 AM	5.24 H	7:59 AM	0.62 L	1:23 PM	4.49 H	7:57 PM	0.38 L	
5	Mon	1:54 AM	5.36 H	8:53 AM	0.42 L	2:16 PM	4.43 H	8:43 PM	0.42 L	
6	Tue	2:40 AM	5.47 H	9:44 AM	0.21 L	3:06 PM	4.41 H	9:28 PM	0.44 L	
7	Wed	3:22 AM	5.55 H	10:32 AM	0.01 L	3:53 PM	4.39 H	10:11 PM	0.44 L	
8	Thu	4:00 AM	5.58 H	11:17 AM	-0.13 L	4:36 PM	4.37 H	10:53 PM	0.42 L	
9	Fri	4:34 AM	5.58 H	12:00 PM	-0.21 L	5:18 PM	4.34 H	11:35 PM	0.40 L	
10	Sat	5:03 AM	5.57 H	12:42 PM	-0.23 L	5:58 PM	4.32 H		No PM Low	
11	Sun	12:16 AM	0.37 L	5:27 AM	5.56 H	1:23 PM	-0.23 L	6:37 PM	4.35 H	
12	Mon	12:58 AM	0.34 L	5:55 AM	5.57 H	2:03 PM	-0.22 L	7:15 PM	4.43 H	
13	Tue	1:42 AM	0.33 L	6:34 AM	5.55 H	2:42 PM	-0.21 L	7:53 PM	4.57 H	
14	Wed	2:29 AM	0.35 L	7:20 AM	5.46 H	3:23 PM	-0.20 L	8:35 PM	4.74 H	
15	Thu	3:21 AM	0.40 L	8:11 AM	5.31 H	4:06 PM	-0.17 L	9:22 PM	4.91 H	
16	Fri	4:19 AM	0.47 L	9:07 AM	5.08 H	4:52 PM	-0.12 L	10:14 PM	5.06 H	
17	Sat	5:25 AM	0.53 L	10:12 AM	4.79 H	5:44 PM	-0.04 L	11:11 PM	5.17 H	
18	Sun	6:34 AM	0.51 L	11:28 AM	4.52 H	6:41 PM	0.02 L		No PM High	
19	Mon	12:12 AM	5.27 H	7:41 AM	0.38 L	12:42 PM	4.35 H	7:42 PM	0.05 L	
20	Tue	1:13 AM	5.38 H	8:45 AM	0.15 L	1:49 PM	4.30 H	8:43 PM	0.02 L	
21	Wed	2:12 AM	5.49 H	9:45 AM	-0.12 L	2:50 PM	4.35 H	9:42 PM	-0.06 L	
22	Thu	3:07 AM	5.59 H	10:41 AM	-0.37 L	3:45 PM	4.43 H	10:38 PM	-0.14 L	
23	Fri	3:59 AM	5.62 H	11:34 AM	-0.55 L	4:38 PM	4.50 H	11:31 PM	-0.20 L	
24	Sat	4:50 AM	5.58 H	12:23 PM	-0.63 L	5:30 PM	4.53 H		No PM Low	
25	Sun	12:22 AM	-0.20 L	05:40 AM	5.46 H	1:11 PM	-0.64 L	6:22 PM	4.54 H	
26	Mon	1:12 AM	-0.13 L	06:31 AM	5.30 H	1:57 PM	-0.57 L	7:15 PM	4.54 H	
27	Tue	2:02 AM	-0.00 L	07:23 AM	5.10 H	2:41 PM	-0.46 L	8:08 PM	4.56 H	
28	Wed	2:51 AM	0.17 L	8:16 AM	4.90 H	3:25 PM	-0.32 L	9:00 PM	4.60 H	
29	Thu	3:42 AM	0.34 L	9:09 AM	4.69 H	4:07 PM	-0.17 L	9:51 PM	4.64 H	
30	Fri	4:35 AM	0.49 L	10:02 AM	4.47 H	4:50 PM	-0.00 L	10:41 PM	4.67 H	
31	Sat	5:30 AM	0.58 L	10:57 AM	4.24 H	5:33 PM	0.16 L	11:32 PM	4.71 H	

Troy										
1	Thu	5:17 AM	0.76 L	10:45 AM	4.93 H	5:46 PM	0.16 L	11:29 PM	5.03 H	
2	Fri	6:14 AM	0.79 L	11:41 AM	4.75 H	6:34 PM	0.25 L		No PM High	
3	Sat	12:22 AM	5.13 H	7:12 AM	0.75 L	12:37 PM	4.59 H	7:21 PM	0.32 L	
4	Sun	1:13 AM	5.24 H	8:09 AM	0.62 L	1:31 PM	4.49 H	8:07 PM	0.38 L	
5	Mon	2:02 AM	5.36 H	9:03 AM	0.42 L	2:24 PM	4.43 H	8:53 PM	0.42 L	
6	Tue	2:48 AM	5.47 H	9:54 AM	0.21 L	3:14 PM	4.41 H	9:38 PM	0.44 L	
7	Wed	3:30 AM	5.55 H	10:42 AM	0.01 L	4:01 PM	4.39 H	10:21 PM	0.44 L	
8	Thu	4:08 AM	5.58 H	11:27 AM	-0.13 L	4:44 PM	4.37 H	11:03 PM	0.42 L	
9	Fri	4:42 AM	5.58 H	12:10 PM	-0.21 L	5:26 PM	4.34 H	11:45 PM	0.40 L	
10	Sat	5:11 AM	5.57 H	12:52 PM	-0.23 L	6:06 PM	4.32 H		No PM Low	
11	Sun	12:26 AM	0.37 L	5:35 AM	5.56 H	1:33 PM	-0.23 L	6:45 PM	4.35 H	
12	Mon	1:08 AM	0.34 L	6:03 AM	5.57 H	2:13 PM	-0.22 L	7:23 PM	4.43 H	
13	Tue	1:52 AM	0.33 L	6:42 AM	5.55 H	2:52 PM	-0.21 L	8:01 PM	4.57 H	
14	Wed	2:39 AM	0.35 L	7:28 AM	5.46 H	3:33 PM	-0.20 L	8:43 PM	4.74 H	
15	Thu	3:31 AM	0.40 L	8:19 AM	5.31 H	4:16 PM	-0.17 L	9:30 PM	4.91 H	
16	Fri	4:29 AM	0.47 L	9:15 AM	5.08 H	5:02 PM	-0.12 L	10:22 PM	5.06 H	
17	Sat	5:35 AM	0.53 L	10:20 AM	4.79 H	5:54 PM	-0.04 L	11:19 PM	5.17 H	
18	Sun	6:44 AM	0.51 L	11:36 AM	4.52 H	6:51 PM	0.02 L		No PM High	
19	Mon	12:20 AM	5.27 H	7:51 AM	0.38 L	12:50 PM	4.35 H	7:52 PM	0.05 L	
20	Tue	1:21 AM	5.38 H	8:55 AM	0.15 L	1:57 PM	4.30 H	8:53 PM	0.02 L	
21	Wed	2:20 AM	5.49 H	9:55 AM	-0.12 L	2:58 PM	4.35 H	9:52 PM	-0.06 L	
22	Thu	3:15 AM	5.59 H	10:51 AM	-0.37 L	3:53 PM	4.43 H	10:48 PM	-0.14 L	
23	Fri	4:07 AM	5.62 H	11:44 AM	-0.55 L	4:46 PM	4.50 H	11:41 PM	-0.20 L	
24	Sat	4:58 AM	5.58 H	12:33 PM	-0.63 L	5:38 PM	4.53 H		No PM Low	
25	Sun	12:32 AM	-0.20 L	05:48 AM	5.46 H	1:21 PM	-0.64 L	6:30 PM	4.54 H	
26	Mon	1:22 AM	-0.13 L	06:39 AM	5.30 H	2:07 PM	-0.57 L	7:23 PM	4.54 H	
27	Tue	2:12 AM	-0.00 L	07:31 AM	5.10 H	2:51 PM	-0.46 L	8:16 PM	4.56 H	
28	Wed	3:01 AM	0.17 L	8:24 AM	4.90 H	3:35 PM	-0.32 L	9:08 PM	4.60 H	
29	Thu	3:52 AM	0.34 L	9:17 AM	4.69 H	4:17 PM	-0.17 L	9:59 PM	4.64 H	
30	Fri	4:45 AM	0.49 L	10:10 AM	4.47 H	5:00 PM	-0.00 L	10:49 PM	4.67 H	
31	Sat	5:40 AM	0.58 L	11:05 AM	4.24 H	5:43 PM	0.16 L	11:40 PM	4.71 H	