

The Battery									
1	Sun	3:38 AM	-0.10 L	09:32 AM	4.71 H	3:38 PM	0.17 L	9:42 PM	5.40 H
2	Mon	4:19 AM	-0.02 L	10:14 AM	4.53 H	4:15 PM	0.38 L	10:17 PM	5.23 H
3	Tue	4:59 AM	0.13 L	10:59 AM	4.33 H	4:50 PM	0.63 L	10:54 PM	5.00 H
4	Wed	5:39 AM	0.35 L	11:47 AM	4.13 H	5:23 PM	0.89 L	11:32 PM	4.77 H
5	Thu	6:19 AM	0.61 L	12:36 PM	3.97 H	5:55 PM	1.13 L	No PM High	
6	Fri	12:14 AM	4.56 H	7:05 AM	0.86 L	1:25 PM	3.85 H	6:32 PM	1.35 L
7	Sat	1:00 AM	4.39 H	7:59 AM	1.05 L	2:12 PM	3.79 H	7:27 PM	1.51 L
8	Sun	1:48 AM	4.28 H	9:00 AM	1.11 L	3:00 PM	3.81 H	8:52 PM	1.55 L
9	Mon	2:39 AM	4.22 H	9:56 AM	1.04 L	3:50 PM	3.93 H	10:02 PM	1.40 L
10	Tue	3:35 AM	4.23 H	10:46 AM	0.86 L	4:42 PM	4.17 H	11:00 PM	1.12 L
11	Wed	4:35 AM	4.30 H	11:31 AM	0.62 L	5:32 PM	4.51 H	11:52 PM	0.78 L
12	Thu	5:34 AM	4.44 H	12:14 PM	0.38 L	6:18 PM	4.94 H	No PM Low	
13	Fri	12:43 AM	0.41 L	6:28 AM	4.61 H	12:57 PM	0.15 L	7:01 PM	5.37 H
14	Sat	1:33 AM	0.05 L	7:18 AM	4.76 H	1:42 PM	-0.04 L	7:44 PM	5.75 H
15	Sun	2:24 AM	-0.25 L	8:00 AM	4.87 H	2:29 PM	-0.16 L	8:26 PM	6.01 H
16	Mon	3:15 AM	-0.48 L	8:54 AM	4.89 H	3:17 PM	-0.21 L	9:12 PM	6.12 H
17	Tue	4:05 AM	-0.59 L	9:46 AM	4.84 H	4:06 PM	-0.17 L	10:02 PM	6.06 H
18	Wed	4:55 AM	-0.56 L	10:44 AM	4.74 H	4:56 PM	-0.03 L	10:59 PM	5.88 H
19	Thu	5:47 AM	-0.41 L	11:48 AM	4.63 H	5:50 PM	0.20 L	No PM High	
20	Fri	12:03 AM	5.63 H	6:43 AM	-0.19 L	12:53 PM	4.58 H	6:51 PM	0.47 L
21	Sat	1:07 AM	5.38 H	7:44 AM	0.03 L	1:55 PM	4.57 H	8:00 PM	0.70 L
22	Sun	2:09 AM	5.15 H	8:48 AM	0.17 L	2:55 PM	4.61 H	9:11 PM	0.78 L
23	Mon	3:09 AM	4.93 H	9:49 AM	0.19 L	3:55 PM	4.69 H	10:17 PM	0.72 L
24	Tue	4:10 AM	4.75 H	10:44 AM	0.16 L	4:54 PM	4.84 H	11:16 PM	0.59 L
25	Wed	5:10 AM	4.62 H	11:33 AM	0.13 L	5:50 PM	5.03 H	No PM Low	
26	Thu	12:09 AM	0.45 L	6:07 AM	4.56 H	12:19 PM	0.13 L	6:39 PM	5.22 H
27	Fri	12:59 AM	0.32 L	6:58 AM	4.54 H	1:03 PM	0.18 L	7:23 PM	5.36 H
28	Sat	1:47 AM	0.21 L	7:44 AM	4.53 H	1:46 PM	0.26 L	8:02 PM	5.43 H
29	Sun	2:32 AM	0.13 L	8:27 AM	4.50 H	2:27 PM	0.37 L	8:38 PM	5.42 H
30	Mon	3:16 AM	0.10 L	9:09 AM	4.43 H	3:08 PM	0.49 L	9:14 PM	5.33 H
31	Tue	3:57 AM	0.12 L	9:52 AM	4.34 H	3:47 PM	0.62 L	9:49 PM	5.19 H

TIDES May

Your local on-water assistance experts.



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Tarrytown									
1	Sun	5:35 AM	-0.07 L	11:21 AM	3.30 H	5:35 PM	0.12 L	11:31 PM	3.78 H
2	Mon	6:16 AM	-0.01 L	12:03 PM	3.17 H	6:12 PM	0.27 L	No PM High	
3	Tue	12:06 AM	3.66 H	6:56 AM	0.09 L	12:48 PM	3.03 H	6:47 PM	0.44 L
4	Wed	12:43 AM	3.50 H	7:36 AM	0.25 L	1:36 PM	2.89 H	7:20 PM	0.62 L
5	Thu	1:21 AM	3.34 H	8:16 AM	0.43 L	2:25 PM	2.78 H	7:52 PM	0.79 L
6	Fri	2:03 AM	3.19 H	9:02 AM	0.60 L	3:14 PM	2.69 H	8:29 PM	0.94 L
7	Sat	2:49 AM	3.07 H	9:56 AM	0.73 L	4:01 PM	2.65 H	9:24 PM	1.06 L
8	Sun	3:37 AM	2.99 H	10:57 AM	0.78 L	4:49 PM	2.67 H	10:49 PM	1.08 L
9	Mon	4:28 AM	2.96 H	11:53 AM	0.72 L	5:39 PM	2.75 H	11:59 PM	0.98 L
10	Tue	5:24 AM	2.96 H	12:43 PM	0.60 L	6:31 PM	2.92 H	No PM Low	
11	Wed	12:57 AM	0.78 L	6:24 AM	3.01 H	1:28 PM	0.44 L	7:21 PM	3.16 H
12	Thu	1:49 AM	0.54 L	7:23 AM	3.11 H	2:11 PM	0.26 L	8:07 PM	3.46 H
13	Fri	2:40 AM	0.29 L	8:17 AM	3.23 H	2:54 PM	0.10 L	8:50 PM	3.76 H
14	Sat	3:30 AM	0.04 L	9:07 AM	3.33 H	3:39 PM	-0.03 L	9:33 PM	4.03 H
15	Sun	4:21 AM	-0.18 L	9:54 AM	3.41 H	4:26 PM	-0.11 L	10:15 PM	4.21 H
16	Mon	5:12 AM	-0.34 L	10:43 AM	3.43 H	5:14 PM	-0.14 L	11:01 PM	4.28 H
17	Tue	6:02 AM	-0.41 L	11:35 AM	3.39 H	6:03 PM	-0.12 L	11:51 PM	4.24 H
18	Wed	6:52 AM	-0.40 L	12:33 PM	3.31 H	6:53 PM	-0.02 L	No PM High	
19	Thu	12:48 AM	4.11 H	7:44 AM	-0.29 L	1:37 PM	3.24 H	7:47 PM	0.14 L
20	Fri	1:52 AM	3.94 H	8:40 AM	-0.13 L	2:42 PM	3.20 H	8:48 PM	0.33 L
21	Sat	2:56 AM	3.77 H	9:41 AM	0.02 L	3:44 PM	3.20 H	9:57 PM	0.49 L
22	Sun	3:58 AM	3.60 H	10:45 AM	0.12 L	4:44 PM	3.22 H	11:08 PM	0.55 L
23	Mon	4:58 AM	3.45 H	11:46 AM	0.13 L	5:44 PM	3.29 H	No PM Low	
24	Tue	12:14 AM	0.51 L	5:59 AM	3.32 H	12:41 PM	0.11 L	6:43 PM	3.39 H
25	Wed	1:13 AM	0.41 L	6:59 AM	3.24 H	1:30 PM	0.09 L	7:39 PM	3.52 H
26	Thu	2:06 AM	0.32 L	7:56 AM	3.19 H	2:16 PM	0.09 L	8:28 PM	3.65 H
27	Fri	2:56 AM	0.23 L	8:47 AM	3.18 H	3:00 PM	0.13 L	9:12 PM	3.75 H
28	Sat	3:44 AM	0.15 L	9:33 AM	3.17 H	3:43 PM	0.18 L	9:51 PM	3.80 H
29	Sun	4:29 AM	0.09 L	10:16 AM	3.15 H	4:24 PM	0.26 L	10:27 PM	3.79 H
30	Mon	5:13 AM	0.07 L	10:58 AM	3.10 H	5:05 PM	0.34 L	11:03 PM	3.73 H
31	Tue	5:54 AM	0.08 L	11:41 AM	3.04 H	5:44 PM	0.44 L	11:38 PM	3.63 H

TIDES May

Spuyten Duyvil									
1	Sun	4:26 AM	-0.08 L	10:24 AM	3.96 H	4:26 PM	0.14 L	10:34 PM	4.54 H
2	Mon	5:07 AM	-0.02 L	11:06 AM	3.81 H	5:03 PM	0.32 L	11:09 PM	4.39 H
3	Tue	5:47 AM	0.11 L	11:51 AM	3.64 H	5:38 PM	0.53 L	11:46 PM	4.20 H
4	Wed	6:27 AM	0.30 L	12:39 PM	3.47 H	6:11 PM	0.74 L	No PM High	
5	Thu	12:24 AM	4.01 H	7:07 AM	0.51 L	1:28 PM	3.33 H	6:43 PM	0.95 L
6	Fri	1:06 AM	3.83 H	7:53 AM	0.72 L	2:17 PM	3.23 H	7:20 PM	1.13 L
7	Sat	1:52 AM	3.69 H	8:47 AM	0.88 L	3:04 PM	3.18 H	8:15 PM	1.27 L
8	Sun	2:40 AM	3.59 H	9:48 AM	0.94 L	3:52 PM	3.20 H	9:40 PM	1.30 L
9	Mon	3:31 AM	3.55 H	10:44 AM	0.87 L	4:42 PM	3.30 H	10:50 PM	1.18 L
10	Tue	4:27 AM	3.55 H	11:34 AM	0.72 L	5:34 PM	3.50 H	11:48 PM	0.94 L
11	Wed	5:27 AM	3.61 H	12:19 PM	0.52 L	6:24 PM	3.79 H	No PM Low	
12	Thu	12:40 AM	0.65 L	6:26 AM	3.73 H	1:02 PM	0.32 L	7:10 PM	4.15 H
13	Fri	1:31 AM	0.34 L	7:20 AM	3.87 H	1:45 PM	0.12 L	7:53 PM	4.51 H
14	Sat	2:21 AM	0.04 L	8:10 AM	4.00 H	2:30 PM	-0.03 L	8:36 PM	4.83 H
15	Sun	3:12 AM	-0.21 L	8:57 AM	4.09 H	3:17 PM	-0.13 L	9:18 PM	5.05 H
16	Mon	4:03 AM	-0.40 L	9:46 AM	4.11 H	4:05 PM	-0.17 L	10:04 PM	5.14 H
17	Tue	4:53 AM	-0.50 L	10:38 AM	4.07 H	4:54 PM	-0.14 L	10:54 PM	5.09 H
18	Wed	5:43 AM	-0.47 L	11:36 AM	3.98 H	5:44 PM	-0.02 L	11:51 PM	4.93 H
19	Thu	6:35 AM	-0.35 L	12:40 PM	3.89 H	6:38 PM	0.17 L	No PM High	
20	Fri	12:55 AM	4.73 H	7:31 AM	-0.16 L	1:45 PM	3.84 H	7:39 PM	0.40 L
21	Sat	1:59 AM	4.52 H	8:32 AM	0.03 L	2:47 PM	3.84 H	8:48 PM	0.58 L
22	Sun	3:01 AM	4.32 H	9:36 AM	0.14 L	3:47 PM	3.87 H	9:59 PM	0.65 L
23	Mon	4:01 AM	4.14 H	10:37 AM	0.16 L	4:47 PM	3.94 H	11:05 PM	0.61 L
24	Tue	5:02 AM	3.99 H	11:32 AM	0.13 L	5:46 PM	4.07 H	No PM Low	
25	Wed	12:04 AM	0.50 L	6:02 AM	3.88 H	12:21 PM	0.11 L	6:42 PM	4.22 H
26	Thu	12:57 AM	0.38 L	6:59 AM	3.83 H	1:07 PM	0.11 L	7:31 PM	4.38 H
27	Fri	1:47 AM	0.27 L	7:50 AM	3.82 H	1:51 PM	0.15 L	8:15 PM	4.50 H
28	Sat	2:35 AM	0.18 L	8:36 AM	3.80 H	2:34 PM	0.22 L	8:54 PM	4.56 H
29	Sun	3:20 AM	0.11 L	9:19 AM	3.78 H	3:15 PM	0.31 L	9:30 PM	4.55 H
30	Mon	4:04 AM	0.08 L	10:01 AM	3.72 H	3:56 PM	0.41 L	10:06 PM	4.48 H
31	Tue	4:45 AM	0.10 L	10:44 AM	3.64 H	4:35 PM	0.52 L	10:41 PM	4.36 H

Haverstraw									
1	Sun	6:27 AM	0.33 L	11:55 AM	3.37 H	6:13 PM	0.33 L	No PM High	
2	Mon	12:12 AM	4.03 H	7:09 AM	0.45 L	12:36 PM	3.29 H	6:45 PM	0.47 L
3	Tue	12:46 AM	4.02 H	7:49 AM	0.58 L	1:19 PM	3.19 H	7:17 PM	0.60 L
4	Wed	1:20 AM	3.97 H	8:31 AM	0.70 L	2:05 PM	3.08 H	7:49 PM	0.73 L
5	Thu	1:57 AM	3.88 H	9:16 AM	0.79 L	2:57 PM	2.98 H	8:27 PM	0.84 L
6	Fri	2:40 AM	3.76 H	10:05 AM	0.84 L	3:52 PM	2.90 H	9:14 PM	0.94 L
7	Sat	3:30 AM	3.61 H	10:58 AM	0.84 L	4:45 PM	2.85 H	10:14 PM	0.99 L
8	Sun	4:23 AM	3.47 H	11:53 AM	0.77 L	5:37 PM	2.85 H	11:27 PM	0.98 L
9	Mon	5:18 AM	3.35 H	12:47 PM	0.66 L	6:30 PM	2.91 H	No PM Low	
10	Tue	12:39 AM	0.88 L	6:15 AM	3.26 H	1:36 PM	0.50 L	7:22 PM	3.05 H
11	Wed	1:42 AM	0.72 L	7:15 AM	3.23 H	2:20 PM	0.35 L	8:11 PM	3.29 H
12	Thu	2:38 AM	0.53 L	8:11 AM	3.26 H	3:00 PM	0.22 L	8:54 PM	3.60 H
13	Fri	3:30 AM	0.38 L	9:00 AM	3.34 H	3:39 PM	0.13 L	9:35 PM	3.92 H
14	Sat	4:21 AM	0.28 L	9:46 AM	3.42 H	4:19 PM	0.09 L	10:15 PM	4.22 H
15	Sun	5:12 AM	0.23 L	10:32 AM	3.48 H	5:03 PM	0.09 L	10:57 PM	4.44 H
16	Mon	6:04 AM	0.22 L	11:20 AM	3.52 H	5:49 PM	0.13 L	11:42 PM	4.55 H
17	Tue	6:54 AM	0.24 L	12:10 PM	3.50 H	6:38 PM	0.20 L	No PM High	
18	Wed	12:30 AM	4.53 H	7:45 AM	0.30 L	1:05 PM	3.45 H	7:30 PM	0.30 L
19	Thu	1:23 AM	4.40 H	8:38 AM	0.37 L	2:06 PM	3.37 H	8:26 PM	0.43 L
20	Fri	2:22 AM	4.18 H	9:36 AM	0.43 L	3:14 PM	3.29 H	9:31 PM	0.54 L
21	Sat	3:28 AM	3.94 H	10:37 AM	0.44 L	4:21 PM	3.25 H	10:41 PM	0.60 L
22	Sun	4:34 AM	3.72 H	11:39 AM	0.38 L	5:24 PM	3.24 H	11:52 PM	0.59 L
23	Mon	5:37 AM	3.52 H	12:39 PM	0.28 L	6:27 PM	3.27 H	No PM Low	
24	Tue	12:59 AM	0.52 L	6:39 AM	3.36 H	1:34 PM	0.16 L	7:29 PM	3.37 H
25	Wed	2:01 AM	0.41 L	7:40 AM	3.27 H	2:23 PM	0.07 L	8:26 PM	3.52 H
26	Thu	2:57 AM	0.33 L	8:36 AM	3.24 H	3:07 PM	0.04 L	9:15 PM	3.70 H
27	Fri	3:48 AM	0.30 L	9:25 AM	3.24 H	3:48 PM	0.09 L	9:58 PM	3.87 H
28	Sat	4:37 AM	0.32 L	10:10 AM	3.25 H	4:27 PM	0.19 L	10:37 PM	4.00 H
29	Sun	5:24 AM	0.36 L	10:53 AM	3.24 H	5:05 PM	0.34 L	11:13 PM	4.09 H
30	Mon	6:09 AM	0.48 L	11:35 AM	3.23 H	5:42 PM	0.48 L	11:47 PM	4.13 H
31	Tue	6:51 AM	0.54 L	12:17 PM	3.19 H	6:18 PM	0.61 L	No PM High	

Peekskill									
1	Sun	6:41 AM	-0.06 L	12:00 PM	3.02 H	6:41 PM	0.11 L	No PM High	
2	Mon	12:10 AM	3.46 H	7:22 AM	-0.01 L	12:42 PM	2.90 H	7:18 PM	0.24 L
3	Tue	12:45 AM	3.35 H	8:02 AM	0.09 L	1:27 PM	2.77 H	7:53 PM	0.40 L
4	Wed	1:22 AM	3.20 H	8:42 AM	0.23 L	2:15 PM	2.64 H	8:26 PM	0.57 L
5	Thu	2:00 AM	3.05 H	9:22 AM	0.39 L	3:04 PM	2.54 H	8:58 PM	0.72 L
6	Fri	2:42 AM	2.92 H	10:08 AM	0.55 L	3:53 PM	2.46 H	9:35 PM	0.86 L
7	Sat	3:28 AM	2.81 H	11:02 AM	0.67 L	4:40 PM	2.42 H	10:30 PM	0.97 L
8	Sun	4:16 AM	2.74 H	12:03 PM	0.71 L	5:28 PM	2.44 H	11:55 PM	0.99 L
9	Mon	5:07 AM	2.70 H	12:59 PM	0.66 L	6:18 PM	2.51 H	No PM Low	
10	Tue	1:05 AM	0.90 L	6:03 AM	2.71 H	1:49 PM	0.55 L	7:10 PM	2.67 H
11	Wed	2:03 AM	0.72 L	7:03 AM	2.75 H	2:34 PM	0.40 L	8:00 PM	2.89 H
12	Thu	2:55 AM	0.50 L	8:02 AM	2.84 H	3:17 PM	0.24 L	8:46 PM	3.16 H
13	Fri	3:46 AM	0.26 L	8:56 AM	2.95 H	4:00 PM	0.10 L	9:29 PM	3.44 H
14	Sat	4:36 AM	0.04 L	9:46 AM	3.05 H	4:45 PM	-0.02 L	10:12 PM	3.68 H
15	Sun	5:27 AM	-0.16 L	10:33 AM	3.12 H	5:32 PM	-0.10 L	10:54 PM	3.85 H
16	Mon	6:18 AM	-0.31 L	11:22 AM	3.13 H	6:20 PM	-0.13 L	11:40 PM	3.92 H
17	Tue	7:08 AM	-0.38 L	12:14 PM	3.10 H	7:09 PM	-0.11 L	No PM High	
18	Wed	12:30 AM	3.88 H	7:58 AM	-0.36 L	1:12 PM	3.03 H	7:59 PM	-0.02 L
19	Thu	1:27 AM	3.76 H	8:50 AM	-0.27 L	2:16 PM	2.96 H	8:53 PM	0.13 L
20	Fri	2:31 AM	3.60 H	9:46 AM	-0.12 L	3:21 PM	2.93 H	9:54 PM	0.30 L
21	Sat	3:35 AM	3.45 H	10:47 AM	0.02 L	4:23 PM	2.92 H	11:03 PM	0.45 L
22	Sun	4:37 AM	3.29 H	11:51 AM	0.11 L	5:23 PM	2.95 H	No PM Low	
23	Mon	12:14 AM	0.50 L	5:37 AM	3.15 H	12:52 PM	0.12 L	6:23 PM	3.00 H
24	Tue	1:20 AM	0.46 L	6:38 AM	3.04 H	1:47 PM	0.10 L	7:22 PM	3.10 H
25	Wed	2:19 AM	0.38 L	7:38 AM	2.96 H	2:36 PM	0.08 L	8:18 PM	3.22 H
26	Thu	3:12 AM	0.29 L	8:35 AM	2.92 H	3:22 PM	0.09 L	9:07 PM	3.34 H
27	Fri	4:02 AM	0.20 L	9:26 AM	2.91 H	4:06 PM	0.12 L	9:51 PM	3.43 H
28	Sat	4:50 AM	0.14 L	10:12 AM	2.90 H	4:49 PM	0.17 L	10:30 PM	3.48 H
29	Sun	5:35 AM	0.08 L	10:55 AM	2.88 H	5:30 PM	0.24 L	11:06 PM	3.47 H
30	Mon	6:19 AM	0.06 L	11:37 AM	2.84 H	6:11 PM	0.31 L	11:42 PM	3.41 H
31	Tue	7:00 AM	0.07 L	12:20 PM	2.77 H	6:50 PM	0.40 L	No PM High	

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a year

Poughkeepsie									
1	Sun	1:40 AM	3.74 H	8:24 AM	-0.07 L	2:06 PM	3.21 H	8:24 PM	0.11 L
2	Mon	2:16 AM	3.67 H	9:05 AM	-0.01 L	2:48 PM	3.08 H	9:01 PM	0.26 L
3	Tue	2:51 AM	3.55 H	9:45 AM	0.09 L	3:33 PM	2.94 H	9:36 PM	0.43 L
4	Wed	3:28 AM	3.40 H	10:25 AM	0.24 L	4:21 PM	2.81 H	10:09 PM	0.60 L
5	Thu	4:06 AM	3.24 H	11:05 AM	0.41 L	5:10 PM	2.70 H	10:41 PM	0.77 L
6	Fri	4:48 AM	3.10 H	11:51 AM	0.58 L	5:59 PM	2.62 H	11:18 PM	0.92 L
7	Sat	5:34 AM	2.98 H	12:45 PM	0.71 L	6:46 PM	2.58 H	No PM Low	
8	Sun	12:13 AM	1.03 L	6:22 AM	2.91 H	1:46 PM	0.76 L	7:34 PM	2.59 H
9	Mon	1:38 AM	1.05 L	7:13 AM	2.87 H	2:42 PM	0.70 L	8:24 PM	2.67 H
10	Tue	2:48 AM	0.95 L	8:09 AM	2.88 H	3:32 PM	0.58 L	9:16 PM	2.83 H
11	Wed	3:46 AM	0.76 L	9:09 AM	2.92 H	4:17 PM	0.42 L	10:06 PM	3.07 H
12	Thu	4:38 AM	0.53 L	10:08 AM	3.02 H	5:00 PM	0.26 L	10:52 PM	3.36 H
13	Fri	5:29 AM	0.28 L	11:02 AM	3.13 H	5:43 PM	0.10 L	11:35 PM	3.65 H
14	Sat	6:19 AM	0.04 L	11:52 AM	3.24 H	6:28 PM	-0.02 L	No PM High	
15	Sun	12:18 AM	3.91 H	7:10 AM	-0.17 L	12:39 PM	3.31 H	7:15 PM	-0.11 L
16	Mon	1:00 AM	4.09 H	8:01 AM	-0.33 L	1:28 PM	3.33 H	8:03 PM	-0.14 L
17	Tue	1:46 AM	4.16 H	8:51 AM	-0.40 L	2:20 PM	3.29 H	8:52 PM	-0.11 L
18	Wed	2:36 AM	4.12 H	9:41 AM	-0.38 L	3:18 PM	3.22 H	9:42 PM	-0.02 L
19	Thu	3:33 AM	4.00 H	10:33 AM	-0.28 L	4:22 PM	3.15 H	10:36 PM	0.14 L
20	Fri	4:37 AM	3.83 H	11:29 AM	-0.13 L	5:27 PM	3.11 H	11:37 PM	0.32 L
21	Sat	5:41 AM	3.66 H	12:30 PM	0.02 L	6:29 PM	3.11 H	No PM Low	
22	Sun	12:46 AM	0.47 L	6:43 AM	3.50 H	1:34 PM	0.11 L	7:29 PM	3.13 H
23	Mon	1:57 AM	0.53 L	7:43 AM	3.35 H	2:35 PM	0.13 L	8:29 PM	3.19 H
24	Tue	3:03 AM	0.49 L	8:44 AM	3.23 H	3:30 PM	0.11 L	9:28 PM	3.29 H
25	Wed	4:02 AM	0.40 L	9:44 AM	3.14 H	4:19 PM	0.09 L	10:24 PM	3.42 H
26	Thu	4:55 AM	0.31 L	10:41 AM	3.10 H	5:05 PM	0.09 L	11:13 PM	3.55 H
27	Fri	5:45 AM	0.22 L	11:32 AM	3.09 H	5:49 PM	0.12 L	11:57 PM	3.65 H
28	Sat	6:33 AM	0.14 L	12:18 PM	3.08 H	6:32 PM	0.18 L	No PM High	
29	Sun	12:36 AM	3.69 H	7:18 AM	0.09 L	1:01 PM	3.06 H	7:13 PM	0.25 L
30	Mon	1:12 AM	3.68 H	8:02 AM	0.07 L	1:43 PM	3.01 H	7:54 PM	0.33 L
31	Tue	1:48 AM	3.63 H	8:43 AM	0.08 L	2:26 PM	2.95 H	8:33 PM	0.42 L

TIDES May

Newburgh									
1	Sun	12:52 AM	3.41 H	7:41 AM	-0.06 L	1:18 PM	2.92 H	7:41 PM	0.11 L
2	Mon	1:28 AM	3.35 H	8:22 AM	-0.01 L	2:00 PM	2.81 H	8:18 PM	0.24 L
3	Tue	2:03 AM	3.24 H	9:02 AM	0.09 L	2:45 PM	2.68 H	8:53 PM	0.40 L
4	Wed	2:40 AM	3.10 H	9:42 AM	0.23 L	3:33 PM	2.56 H	9:26 PM	0.57 L
5	Thu	3:18 AM	2.96 H	10:22 AM	0.39 L	4:22 PM	2.46 H	9:58 PM	0.72 L
6	Fri	4:00 AM	2.83 H	11:08 AM	0.55 L	5:11 PM	2.38 H	10:35 PM	0.86 L
7	Sat	4:46 AM	2.72 H	12:02 PM	0.67 L	5:58 PM	2.35 H	11:30 PM	0.97 L
8	Sun	5:34 AM	2.65 H	1:03 PM	0.71 L	6:46 PM	2.36 H	No PM Low	
9	Mon	12:55 AM	0.99 L	6:25 AM	2.62 H	1:59 PM	0.66 L	7:36 PM	2.44 H
10	Tue	2:05 AM	0.90 L	7:21 AM	2.62 H	2:49 PM	0.55 L	8:28 PM	2.58 H
11	Wed	3:03 AM	0.72 L	8:21 AM	2.67 H	3:34 PM	0.40 L	9:18 PM	2.80 H
12	Thu	3:55 AM	0.50 L	9:20 AM	2.75 H	4:17 PM	0.24 L	10:04 PM	3.06 H
13	Fri	4:46 AM	0.26 L	10:14 AM	2.86 H	5:00 PM	0.10 L	10:47 PM	3.33 H
14	Sat	5:36 AM	0.04 L	11:04 AM	2.95 H	5:45 PM	-0.02 L	11:30 PM	3.57 H
15	Sun	6:27 AM	-0.16 L	11:51 AM	3.02 H	6:32 PM	-0.10 L	No PM High	
16	Mon	12:12 AM	3.73 H	7:18 AM	-0.31 L	12:40 PM	3.03 H	7:20 PM	-0.13 L
17	Tue	12:58 AM	3.79 H	8:08 AM	-0.38 L	1:32 PM	3.00 H	8:09 PM	-0.11 L
18	Wed	1:48 AM	3.76 H	8:58 AM	-0.36 L	2:30 PM	2.94 H	8:59 PM	-0.02 L
19	Thu	2:45 AM	3.64 H	9:50 AM	-0.27 L	3:34 PM	2.87 H	9:53 PM	0.13 L
20	Fri	3:49 AM	3.49 H	10:46 AM	-0.12 L	4:39 PM	2.84 H	10:54 PM	0.30 L
21	Sat	4:53 AM	3.34 H	11:47 AM	0.02 L	5:41 PM	2.83 H	No PM Low	
22	Sun	12:03 AM	0.45 L	5:55 AM	3.19 H	12:51 PM	0.11 L	6:41 PM	2.85 H
23	Mon	1:14 AM	0.50 L	6:55 AM	3.06 H	1:52 PM	0.12 L	7:41 PM	2.91 H
24	Tue	2:20 AM	0.46 L	7:56 AM	2.94 H	2:47 PM	0.10 L	8:40 PM	3.00 H
25	Wed	3:19 AM	0.38 L	8:56 AM	2.87 H	3:36 PM	0.08 L	9:36 PM	3.12 H
26	Thu	4:12 AM	0.29 L	9:53 AM	2.83 H	4:22 PM	0.09 L	10:25 PM	3.23 H
27	Fri	5:02 AM	0.20 L	10:44 AM	2.82 H	5:06 PM	0.12 L	11:09 PM	3.32 H
28	Sat	5:50 AM	0.14 L	11:30 AM	2.81 H	5:49 PM	0.17 L	11:48 PM	3.37 H
29	Sun	6:35 AM	0.08 L	12:13 PM	2.79 H	6:30 PM	0.24 L	No PM High	
30	Mon	12:24 AM	3.36 H	7:19 AM	0.06 L	12:55 PM	2.75 H	7:11 PM	0.31 L
31	Tue	1:00 AM	3.31 H	8:00 AM	0.07 L	1:38 PM	2.69 H	7:50 PM	0.40 L

SEA TOW

Kingston									
1	Sun	2:26 AM	4.46 H	9:12 AM	-0.08 L	2:52 PM	3.82 H	9:12 PM	0.14 L
2	Mon	3:02 AM	4.38 H	9:53 AM	-0.02 L	3:34 PM	3.67 H	9:49 PM	0.31 L
3	Tue	3:37 AM	4.23 H	10:33 AM	0.11 L	4:19 PM	3.51 H	10:24 PM	0.52 L
4	Wed	4:14 AM	4.05 H	11:13 AM	0.29 L	5:07 PM	3.35 H	10:57 PM	0.73 L
5	Thu	4:52 AM	3.87 H	11:53 AM	0.50 L	5:56 PM	3.21 H	11:29 PM	0.93 L
6	Fri	5:34 AM	3.69 H	12:39 PM	0.70 L	6:45 PM	3.12 H	No PM Low	
7	Sat	12:06 AM	1.10 L	6:20 AM	3.55 H	1:33 PM	0.86 L	7:32 PM	3.07 H
8	Sun	1:01 AM	1.24 L	7:08 AM	3.46 H	2:34 PM	0.91 L	8:20 PM	3.08 H
9	Mon	2:26 AM	1.27 L	7:59 AM	3.42 H	3:30 PM	0.85 L	9:10 PM	3.18 H
10	Tue	3:36 AM	1.15 L	8:55 AM	3.43 H	4:20 PM	0.70 L	10:02 PM	3.37 H
11	Wed	4:34 AM	0.92 L	9:55 AM	3.48 H	5:05 PM	0.51 L	10:52 PM	3.66 H
12	Thu	5:26 AM	0.64 L	10:54 AM	3.60 H	5:48 PM	0.31 L	11:38 PM	4.00 H
13	Fri	6:17 AM	0.34 L	11:48 AM	3.73 H	6:31 PM	0.12 L	No PM High	
14	Sat	12:21 AM	4.35 H	7:07 AM	0.04 L	12:38 PM	3.86 H	7:16 PM	-0.03 L
15	Sun	1:04 AM	4.66 H	7:58 AM	-0.21 L	1:25 PM	3.94 H	8:03 PM	-0.13 L
16	Mon	1:46 AM	4.87 H	8:49 AM	-0.39 L	2:14 PM	3.96 H	8:51 PM	-0.17 L
17	Tue	2:32 AM	4.96 H	9:39 AM	-0.48 L	3:06 PM	3.92 H	9:40 PM	-0.14 L
18	Wed	3:22 AM	4.91 H	10:29 AM	-0.46 L	4:04 PM	3.84 H	10:30 PM	-0.02 L
19	Thu	4:19 AM	4.76 H	11:21 AM	-0.34 L	5:08 PM	3.75 H	11:24 PM	0.16 L
20	Fri	5:23 AM	4.56 H	12:17 PM	-0.15 L	6:13 PM	3.71 H	No PM Low	
21	Sat	12:25 AM	0.39 L	6:27 AM	4.36 H	1:18 PM	0.03 L	7:15 PM	3.70 H
22	Sun	1:34 AM	0.57 L	7:29 AM	4.17 H	2:22 PM	0.14 L	8:15 PM	3.73 H
23	Mon	2:45 AM	0.64 L	8:29 AM	3.99 H	3:23 PM	0.15 L	9:15 PM	3.80 H
24	Tue	3:51 AM	0.59 L	9:30 AM	3.84 H	4:18 PM	0.13 L	10:14 PM	3.92 H
25	Wed	4:50 AM	0.49 L	10:30 AM	3.75 H	5:07 PM	0.10 L	11:10 PM	4.07 H
26	Thu	5:43 AM	0.37 L	11:27 AM	3.70 H	5:53 PM	0.11 L	11:59 PM	4.23 H
27	Fri	6:33 AM	0.26 L	12:18 PM	3.68 H	6:37 PM	0.15 L	No PM High	
28	Sat	12:43 AM	4.34 H	7:21 AM	0.17 L	1:04 PM	3.67 H	7:20 PM	0.22 L
29	Sun	1:22 AM	4.40 H	8:06 AM	0.11 L	1:47 PM	3.64 H	8:01 PM	0.30 L
30	Mon	1:58 AM	4.39 H	8:50 AM	0.08 L	2:29 PM	3.59 H	8:42 PM	0.40 L
31	Tue	2:34 AM	4.32 H	9:31 AM	0.09 L	3:12 PM	3.51 H	9:21 PM	0.51 L

Hudson									
1	Sun	4:04 AM	4.84 H	10:50 AM	-0.08 L	4:30 PM	4.15 H	10:50 PM	0.14 L
2	Mon	4:40 AM	4.75 H	11:31 AM	-0.02 L	5:12 PM	3.99 H	11:27 PM	0.33 L
3	Tue	5:15 AM	4.60 H	12:11 PM	0.12 L	5:57 PM	3.81 H	No PM Low	
4	Wed	12:02 AM	0.54 L	5:52 AM	4.40 H	12:51 PM	0.30 L	6:45 PM	3.64 H
5	Thu	12:35 AM	0.76 L	6:30 AM	4.20 H	1:31 PM	0.52 L	7:34 PM	3.49 H
6	Fri	1:07 AM	0.97 L	7:12 AM	4.01 H	2:17 PM	0.74 L	8:23 PM	3.38 H
7	Sat	1:44 AM	1.16 L	7:58 AM	3.86 H	3:11 PM	0.90 L	9:10 PM	3.33 H
8	Sun	2:39 AM	1.30 L	8:46 AM	3.76 H	4:12 PM	0.96 L	9:58 PM	3.35 H
9	Mon	4:04 AM	1.33 L	9:37 AM	3.72 H	5:08 PM	0.89 L	10:48 PM	3.46 H
10	Tue	5:14 AM	1.20 L	10:33 AM	3.72 H	5:58 PM	0.74 L	11:40 PM	3.67 H
11	Wed	6:12 AM	0.96 L	11:33 AM	3.79 H	6:43 PM	0.54 L	No PM High	
12	Thu	12:30 AM	3.97 H	7:04 AM	0.67 L	12:32 PM	3.90 H	7:26 PM	0.32 L
13	Fri	1:16 AM	4.34 H	7:55 AM	0.35 L	1:26 PM	4.05 H	8:09 PM	0.13 L
14	Sat	1:59 AM	4.73 H	8:45 AM	0.05 L	2:16 PM	4.19 H	8:54 PM	-0.03 L
15	Sun	2:42 AM	5.06 H	9:36 AM	-0.22 L	3:03 PM	4.28 H	9:41 PM	-0.14 L
16	Mon	3:24 AM	5.29 H	10:27 AM	-0.41 L	3:52 PM	4.31 H	10:29 PM	-0.18 L
17	Tue	4:10 AM	5.38 H	11:17 AM	-0.51 L	4:44 PM	4.26 H	11:18 PM	-0.14 L
18	Wed	5:00 AM	5.33 H	12:07 PM	-0.49 L	5:42 PM	4.17 H	No PM Low	
19	Thu	12:08 AM	-0.02 L	05:57 AM	5.17 H	12:59 PM	-0.36 L	6:46 PM	4.08 H
20	Fri	1:02 AM	0.17 L	7:01 AM	4.96 H	1:55 PM	-0.16 L	7:51 PM	4.03 H
21	Sat	2:03 AM	0.41 L	8:05 AM	4.74 H	2:56 PM	0.03 L	8:53 PM	4.02 H
22	Sun	3:12 AM	0.60 L	9:07 AM	4.53 H	4:00 PM	0.14 L	9:53 PM	4.05 H
23	Mon	4:23 AM	0.67 L	10:07 AM	4.34 H	5:01 PM	0.16 L	10:53 PM	4.13 H
24	Tue	5:29 AM	0.62 L	11:08 AM	4.18 H	5:56 PM	0.13 L	11:52 PM	4.26 H
25	Wed	6:28 AM	0.51 L	12:08 PM	4.07 H	6:45 PM	0.11 L	No PM High	
26	Thu	12:48 AM	4.43 H	7:21 AM	0.39 L	1:05 PM	4.02 H	7:31 PM	0.11 L
27	Fri	1:37 AM	4.59 H	8:11 AM	0.28 L	1:56 PM	4.00 H	8:15 PM	0.16 L
28	Sat	2:21 AM	4.72 H	8:59 AM	0.18 L	2:42 PM	3.98 H	8:58 PM	0.23 L
29	Sun	3:00 AM	4.78 H	9:44 AM	0.11 L	3:25 PM	3.96 H	9:39 PM	0.32 L
30	Mon	3:36 AM	4.77 H	10:28 AM	0.08 L	4:07 PM	3.90 H	10:20 PM	0.42 L
31	Tue	4:12 AM	4.69 H	11:09 AM	0.10 L	4:50 PM	3.82 H	10:59 PM	0.54 L

TIDES May

Your local on-water assistance experts.

seatow.com

800-4-SEATOW

Albany								
1	Sun	5:26 AM	6:58 H	12:37 PM	0:58 L	5:52 PM	5:73 H	No PM Low
2	Mon	12:33 AM	1:00 L	6:02 AM	6:45 H	1:21 PM	0:74 L	6:36 PM 5:52 H
3	Tue	1:06 AM	1:25 L	6:36 AM	6:30 H	2:04 PM	0:91 L	7:23 PM 5:32 H
4	Wed	1:36 AM	1:45 L	7:04 AM	6:16 H	2:46 PM	1:07 L	8:11 PM 5:16 H
5	Thu	2:03 AM	1:60 L	7:24 AM	6:05 H	3:30 PM	1:22 L	9:01 PM 5:05 H
6	Fri	2:36 AM	1:70 L	7:53 AM	5:96 H	4:16 PM	1:33 L	9:52 PM 4:99 H
7	Sat	3:20 AM	1:80 L	8:35 AM	5:84 H	5:04 PM	1:40 L	10:45 PM 4:99 H
8	Sun	4:16 AM	1:89 L	9:26 AM	5:67 H	5:56 PM	1:43 L	11:37 PM 5:06 H
9	Mon	5:26 AM	1:93 L	10:29 AM	5:49 H	6:48 PM	1:40 L	No PM High
10	Tue	12:30 AM	5:21 H	6:41 AM	1:88 L	12:00 PM	5:35 H	7:39 PM 1:31 L
11	Wed	1:20 AM	5:44 H	7:50 AM	1:71 L	1:13 PM	5:33 H	8:28 PM 1:20 L
12	Thu	2:06 AM	5:73 H	8:52 AM	1:45 L	2:10 PM	5:36 H	9:16 PM 1:08 L
13	Fri	2:48 AM	6:04 H	9:50 AM	1:17 L	3:00 PM	5:40 H	10:02 PM 0:99 L
14	Sat	3:27 AM	6:33 H	10:44 AM	0:91 L	3:46 PM	5:42 H	10:48 PM 0:93 L
15	Sun	4:03 AM	6:57 H	11:36 AM	0:71 L	4:32 PM	5:40 H	11:34 PM 0:92 L
16	Mon	4:40 AM	6:71 H	12:28 PM	0:58 L	5:20 PM	5:34 H	No PM Low
17	Tue	12:21 AM	0:95 L	5:21 AM	6:74 H	1:19 PM	0:53 L	6:12 PM 5:25 H
18	Wed	1:11 AM	1:00 L	6:08 AM	6:64 H	2:11 PM	0:53 L	7:11 PM 5:17 H
19	Thu	2:03 AM	1:05 L	7:03 AM	6:44 H	3:05 PM	0:57 L	8:15 PM 5:15 H
20	Fri	2:59 AM	1:10 L	8:09 AM	6:20 H	4:00 PM	0:60 L	9:19 PM 5:20 H
21	Sat	3:59 AM	1:13 L	9:21 AM	5:99 H	4:56 PM	0:62 L	10:22 PM 5:33 H
22	Sun	5:02 AM	1:11 L	10:30 AM	5:83 H	5:52 PM	0:59 L	11:22 PM 5:50 H
23	Mon	6:04 AM	1:03 L	11:36 AM	5:74 H	6:46 PM	0:53 L	No PM High
24	Tue	12:21 AM	5:72 H	7:06 AM	0:90 L	12:37 PM	5:68 H	7:39 PM 0:45 L
25	Wed	1:17 AM	5:96 H	8:06 AM	0:73 L	1:34 PM	5:67 H	8:30 PM 0:38 L
26	Thu	2:09 AM	6:20 H	9:02 AM	0:55 L	2:27 PM	5:66 H	9:17 PM 0:36 L
27	Fri	2:57 AM	6:38 H	9:55 AM	0:41 L	3:16 PM	5:63 H	10:02 PM 0:41 L
28	Sat	3:41 AM	6:48 H	10:45 AM	0:31 L	4:02 PM	5:56 H	10:44 PM 0:54 L
29	Sun	4:21 AM	6:47 H	11:31 AM	0:29 L	4:46 PM	5:44 H	11:23 PM 0:72 L
30	Mon	4:59 AM	6:39 H	12:16 PM	0:34 L	5:30 PM	5:28 H	No PM Low
31	Tue	12:00 AM	0:92 L	5:33 AM	6:24 H	12:58 PM	0:44 L	6:13 PM 5:10 H

TIDES May

Castleton

1	Sun	5:09 AM	6.38 H	12:08 PM	0.68 L	5:35 PM	5.53 H	No PM Low	
2	Mon	12:04 AM	1.10 L	5:45 AM	6.26 H	12:52 PM	0.84 L	6:19 PM	5.32 H
3	Tue	12:37 AM	1.35 L	6:19 AM	6.10 H	1:35 PM	1.01 L	7:06 PM	5.12 H
4	Wed	1:07 AM	1.55 L	6:47 AM	5.96 H	2:17 PM	1.17 L	7:54 PM	4.96 H
5	Thu	1:34 AM	1.70 L	7:07 AM	5.85 H	3:01 PM	1.31 L	8:44 PM	4.85 H
6	Fri	2:07 AM	1.80 L	7:36 AM	5.76 H	3:47 PM	1.43 L	9:35 PM	4.79 H
7	Sat	2:51 AM	1.90 L	8:18 AM	5.64 H	4:35 PM	1.50 L	10:28 PM	4.79 H
8	Sun	3:47 AM	1.98 L	9:09 AM	5.47 H	5:27 PM	1.53 L	11:20 PM	4.86 H
9	Mon	4:57 AM	2.03 L	10:12 AM	5.29 H	6:19 PM	1.49 L	No PM High	
10	Tue	12:13 AM	5.01 H	6:12 AM	1.97 L	11:43 AM	5.16 H	7:10 PM	1.41 L
11	Wed	1:03 AM	5.24 H	7:21 AM	1.80 L	12:56 PM	5.13 H	7:59 PM	1.30 L
12	Thu	1:49 AM	5.53 H	8:23 AM	1.55 L	1:53 PM	5.16 H	8:47 PM	1.18 L
13	Fri	2:31 AM	5.84 H	9:21 AM	1.27 L	2:43 PM	5.21 H	9:33 PM	1.08 L
14	Sat	3:10 AM	6.14 H	10:15 AM	1.01 L	3:29 PM	5.23 H	10:19 PM	1.03 L
15	Sun	3:46 AM	6.37 H	11:07 AM	0.81 L	4:15 PM	5.21 H	11:05 PM	1.02 L
16	Mon	4:23 AM	6.51 H	11:59 AM	0.68 L	5:03 PM	5.14 H	11:52 PM	1.05 L
17	Tue	5:04 AM	6.54 H	12:50 PM	0.63 L	5:55 PM	5.05 H	No PM Low	
18	Wed	12:42 AM	1.10 L	5:51 AM	6.44 H	1:42 PM	0.63 L	6:54 PM	4.98 H
19	Thu	1:34 AM	1.15 L	6:46 AM	6.24 H	2:36 PM	0.67 L	7:58 PM	4.95 H
20	Fri	2:30 AM	1.20 L	7:52 AM	6.00 H	3:31 PM	0.70 L	9:02 PM	5.01 H
21	Sat	3:30 AM	1.23 L	9:04 AM	5.79 H	4:27 PM	0.71 L	10:05 PM	5.13 H
22	Sun	4:33 AM	1.21 L	10:13 AM	5.64 H	5:23 PM	0.69 L	11:05 PM	5.31 H
23	Mon	5:35 AM	1.13 L	11:19 AM	5.54 H	6:17 PM	0.62 L	No PM High	
24	Tue	12:04 AM	5.52 H	6:37 AM	1.00 L	12:20 PM	5.49 H	7:10 PM	0.54 L
25	Wed	1:00 AM	5.76 H	7:37 AM	0.83 L	1:17 PM	5.47 H	8:01 PM	0.48 L
26	Thu	1:52 AM	6.00 H	8:33 AM	0.65 L	2:10 PM	5.47 H	8:48 PM	0.46 L
27	Fri	2:40 AM	6.18 H	9:26 AM	0.50 L	2:59 PM	5.44 H	9:33 PM	0.51 L
28	Sat	3:24 AM	6.28 H	10:16 AM	0.41 L	3:45 PM	5.37 H	10:15 PM	0.64 L
29	Sun	4:04 AM	6.28 H	11:02 AM	0.39 L	4:29 PM	5.24 H	10:54 PM	0.82 L
30	Mon	4:42 AM	6.19 H	11:47 AM	0.44 L	5:13 PM	5.08 H	11:31 PM	1.02 L
31	Tue	5:16 AM	6.05 H	12:29 PM	0.54 L	5:56 PM	4.91 H	No PM Low	

Troy									
1	Sun	12:07 AM	0.76 L	5:34 AM	6.58 H	12:47 PM	0.58 L	6:00 PM	5.73 H
2	Mon	12:43 AM	1.00 L	6:10 AM	6.45 H	1:31 PM	0.74 L	6:44 PM	5.52 H
3	Tue	1:16 AM	1.25 L	6:44 AM	6.30 H	2:14 PM	0.91 L	7:31 PM	5.32 H
4	Wed	1:46 AM	1.45 L	7:12 AM	6.16 H	2:56 PM	1.07 L	8:19 PM	5.16 H
5	Thu	2:13 AM	1.60 L	7:32 AM	6.05 H	3:40 PM	1.22 L	9:09 PM	5.05 H
6	Fri	2:46 AM	1.70 L	8:01 AM	5.96 H	4:26 PM	1.33 L	10:00 PM	4.99 H
7	Sat	3:30 AM	1.80 L	8:43 AM	5.84 H	5:14 PM	1.40 L	10:53 PM	4.99 H
8	Sun	4:26 AM	1.89 L	9:34 AM	5.67 H	6:06 PM	1.43 L	11:45 PM	5.06 H
9	Mon	5:36 AM	1.93 L	10:37 AM	5.49 H	6:58 PM	1.40 L	No PM High	
10	Tue	12:38 AM	5.21 H	6:51 AM	1.88 L	12:08 PM	5.35 H	7:49 PM	1.31 L
11	Wed	1:28 AM	5.44 H	8:00 AM	1.71 L	1:21 PM	5.33 H	8:38 PM	1.20 L
12	Thu	2:14 AM	5.73 H	9:02 AM	1.45 L	2:18 PM	5.36 H	9:26 PM	1.08 L
13	Fri	2:56 AM	6.04 H	10:00 AM	1.17 L	3:08 PM	5.40 H	10:12 PM	0.99 L
14	Sat	3:35 AM	6.33 H	10:54 AM	0.91 L	3:54 PM	5.42 H	10:58 PM	0.93 L
15	Sun	4:11 AM	6.57 H	11:46 AM	0.71 L	4:40 PM	5.40 H	11:44 PM	0.92 L
16	Mon	4:48 AM	6.71 H	12:38 PM	0.58 L	5:28 PM	5.34 H	No PM Low	
17	Tue	12:31 AM	0.95 L	5:29 AM	6.74 H	1:29 PM	0.53 L	6:20 PM	5.25 H
18	Wed	1:21 AM	1.00 L	6:16 AM	6.64 H	2:21 PM	0.53 L	7:19 PM	5.17 H
19	Thu	2:13 AM	1.05 L	7:11 AM	6.44 H	3:15 PM	0.57 L	8:23 PM	5.15 H
20	Fri	3:09 AM	1.10 L	8:17 AM	6.20 H	4:10 PM	0.60 L	9:27 PM	5.20 H
21	Sat	4:09 AM	1.13 L	9:29 AM	5.99 H	5:06 PM	0.62 L	10:30 PM	5.33 H
22	Sun	5:12 AM	1.11 L	10:38 AM	5.83 H	6:02 PM	0.59 L	11:30 PM	5.50 H
23	Mon	6:14 AM	1.03 L	11:44 AM	5.74 H	6:56 PM	0.53 L	No PM High	
24	Tue	12:29 AM	5.72 H	7:16 AM	0.90 L	12:45 PM	5.68 H	7:49 PM	0.45 L
25	Wed	1:25 AM	5.96 H	8:16 AM	0.73 L	1:42 PM	5.67 H	8:40 PM	0.38 L
26	Thu	2:17 AM	6.20 H	9:12 AM	0.55 L	2:35 PM	5.66 H	9:27 PM	0.36 L
27	Fri	3:05 AM	6.38 H	10:05 AM	0.41 L	3:24 PM	5.63 H	10:12 PM	0.41 L
28	Sat	3:49 AM	6.48 H	10:55 AM	0.31 L	4:10 PM	5.56 H	10:54 PM	0.54 L
29	Sun	4:29 AM	6.47 H	11:41 AM	0.29 L	4:54 PM	5.44 H	11:33 PM	0.72 L
30	Mon	5:07 AM	6.39 H	12:26 PM	0.34 L	5:38 PM	5.28 H	No PM Low	
31	Tue	12:10 AM	0.92 L	5:41 AM	6.24 H	1:08 PM	0.44 L	6:21 PM	5.10 H

The Battery										
1	Wed	4:37 AM	0.20 L	10:37 AM	4.22 H	4:24 PM	0.77 L	10:24 PM	5.01 H	
2	Thu	5:16 AM	0.34 L	11:23 AM	4.09 H	5:00 PM	0.92 L	11:02 PM	4.83 H	
3	Fri	5:55 AM	0.51 L	12:11 PM	3.99 H	5:34 PM	1.08 L	11:42 PM	4.67 H	
4	Sat	6:35 AM	0.69 L	12:56 PM	3.94 H	6:10 PM	1.23 L	No PM High		
5	Sun	12:25 AM	4.54 H	7:19 AM	0.83 L	1:39 PM	3.94 H	6:55 PM	1.35 L	
6	Mon	1:09 AM	4.45 H	8:09 AM	0.90 L	2:21 PM	4.03 H	8:01 PM	1.42 L	
7	Tue	1:55 AM	4.39 H	9:03 AM	0.88 L	3:03 PM	4.20 H	9:19 PM	1.34 L	
8	Wed	2:45 AM	4.34 H	9:55 AM	0.76 L	3:48 PM	4.46 H	10:24 PM	1.10 L	
9	Thu	3:41 AM	4.32 H	10:43 AM	0.57 L	4:39 PM	4.79 H	11:21 PM	0.77 L	
10	Fri	4:43 AM	4.33 H	11:31 AM	0.38 L	5:32 PM	5.17 H	No PM Low		
11	Sat	12:15 AM	0.41 L	5:48 AM	4.41 H	12:19 PM	0.19 L	6:24 PM	5.57 H	
12	Sun	1:09 AM	0.06 L	6:48 AM	4.55 H	1:10 PM	0.03 L	7:15 PM	5.90 H	
13	Mon	2:03 AM	-0.25 L	07:44 AM	4.68 H	2:03 PM	-0.10 L	8:05 PM	6.13 H	
14	Tue	2:57 AM	-0.49 L	08:39 AM	4.78 H	2:58 PM	-0.17 L	8:57 PM	6.20 H	
15	Wed	3:49 AM	-0.64 L	09:35 AM	4.81 H	3:51 PM	-0.19 L	9:51 PM	6.13 H	
16	Thu	4:41 AM	-0.66 L	10:35 AM	4.81 H	4:45 PM	-0.11 L	10:51 PM	5.95 H	
17	Fri	5:32 AM	-0.57 L	11:38 AM	4.79 H	5:40 PM	0.07 L	11:53 PM	5.71 H	
18	Sat	6:25 AM	-0.39 L	12:40 PM	4.80 H	6:38 PM	0.32 L	No PM High		
19	Sun	12:53 AM	5.45 H	7:21 AM	-0.17 L	1:38 PM	4.83 H	7:41 PM	0.58 L	
20	Mon	1:50 AM	5.17 H	8:19 AM	0.03 L	2:33 PM	4.86 H	8:48 PM	0.74 L	
21	Tue	2:45 AM	4.87 H	9:16 AM	0.17 L	3:28 PM	4.89 H	9:53 PM	0.79 L	
22	Wed	3:40 AM	4.58 H	10:10 AM	0.27 L	4:22 PM	4.93 H	10:52 PM	0.73 L	
23	Thu	4:37 AM	4.35 H	11:00 AM	0.35 L	5:16 PM	5.00 H	11:46 PM	0.64 L	
24	Fri	5:35 AM	4.21 H	11:46 AM	0.43 L	6:07 PM	5.09 H	No PM Low		
25	Sat	12:35 AM	0.53 L	6:30 AM	4.18 H	12:31 PM	0.51 L	6:53 PM	5.17 H	
26	Sun	1:23 AM	0.42 L	7:19 AM	4.20 H	1:15 PM	0.58 L	7:35 PM	5.22 H	
27	Mon	2:08 AM	0.32 L	8:05 AM	4.25 H	1:59 PM	0.64 L	8:14 PM	5.24 H	
28	Tue	2:52 AM	0.25 L	8:48 AM	4.27 H	2:42 PM	0.67 L	8:51 PM	5.21 H	
29	Wed	3:34 AM	0.21 L	9:30 AM	4.26 H	3:23 PM	0.70 L	9:27 PM	5.14 H	
30	Thu	4:14 AM	0.22 L	10:13 AM	4.22 H	4:02 PM	0.74 L	10:02 PM	5.04 H	

June

TIDES

Spuyten Duyvil										
1	Wed	5:25 AM	0.17 L	11:29 AM	3.54 H	5:12 PM	0.65 L	11:16 PM	4.21 H	
2	Thu	6:04 AM	0.28 L	12:15 PM	3.44 H	5:48 PM	0.77 L	11:54 PM	4.06 H	
3	Fri	6:43 AM	0.43 L	1:03 PM	3.35 H	6:22 PM	0.91 L	No PM High		
4	Sat	12:34 AM	3.92 H	7:23 AM	0.58 L	1:48 PM	3.31 H	6:58 PM	1.03 L	
5	Sun	1:17 AM	3.82 H	8:07 AM	0.70 L	2:31 PM	3.31 H	7:43 PM	1.14 L	
6	Mon	2:01 AM	3.74 H	8:57 AM	0.76 L	3:13 PM	3.38 H	8:49 PM	1.19 L	
7	Tue	2:47 AM	3.69 H	9:51 AM	0.74 L	3:55 PM	3.52 H	10:07 PM	1.12 L	
8	Wed	3:37 AM	3.65 H	10:43 AM	0.63 L	4:40 PM	3.74 H	11:12 PM	0.93 L	
9	Thu	4:33 AM	3.63 H	11:31 AM	0.48 L	5:31 PM	4.02 H	No PM Low		
10	Fri	12:09 AM	0.65 L	5:35 AM	3.64 H	12:19 PM	0.32 L	6:24 PM	4.35 H	
11	Sat	1:03 AM	0.34 L	6:40 AM	3.71 H	1:07 PM	0.16 L	7:16 PM	4.67 H	
12	Sun	1:57 AM	0.05 L	7:40 AM	3.82 H	1:58 PM	0.02 L	8:07 PM	4.96 H	
13	Mon	2:51 AM	-0.21 L	08:36 AM	3.93 H	2:51 PM	-0.08 L	8:57 PM	5.14 H	
14	Tue	3:45 AM	-0.41 L	09:31 AM	4.01 H	3:46 PM	-0.14 L	9:49 PM	5.21 H	
15	Wed	4:37 AM	-0.53 L	10:27 AM	4.04 H	4:39 PM	-0.16 L	10:43 PM	5.15 H	
16	Thu	5:29 AM	-0.55 L	11:27 AM	4.04 H	5:33 PM	-0.09 L	11:43 PM	5.00 H	
17	Fri	6:20 AM	-0.48 L	12:30 PM	4.03 H	6:28 PM	0.06 L	No PM High		
18	Sat	12:45 AM	4.80 H	7:13 AM	-0.33 L	1:32 PM	4.04 H	7:26 PM	0.27 L	
19	Sun	1:45 AM	4.58 H	8:09 AM	-0.14 L	2:30 PM	4.06 H	8:29 PM	0.48 L	
20	Mon	2:42 AM	4.34 H	9:07 AM	0.02 L	3:25 PM	4.08 H	9:36 PM	0.63 L	
21	Tue	3:37 AM	4.09 H	10:04 AM	0.14 L	4:20 PM	4.11 H	10:41 PM	0.66 L	
22	Wed	4:32 AM	3.85 H	10:58 AM	0.22 L	5:14 PM	4.14 H	11:40 PM	0.61 L	
23	Thu	5:29 AM	3.65 H	11:48 AM	0.29 L	6:08 PM	4.20 H	No PM Low		
24	Fri	12:34 AM	0.53 L	6:27 AM	3.54 H	12:34 PM	0.36 L	6:59 PM	4.27 H	
25	Sat	1:23 AM	0.44 L	7:22 AM	3.51 H	1:19 PM	0.43 L	7:45 PM	4.34 H	
26	Sun	2:11 AM	0.35 L	8:11 AM	3.53 H	2:03 PM	0.49 L	8:27 PM	4.39 H	
27	Mon	2:56 AM	0.27 L	8:57 AM	3.57 H	2:47 PM	0.53 L	9:06 PM	4.40 H	
28	Tue	3:40 AM	0.21 L	9:40 AM	3.59 H	3:30 PM	0.56 L	9:43 PM	4.37 H	
29	Wed	4:22 AM	0.18 L	10:22 AM	3.58 H	4:11 PM	0.59 L	10:19 PM	4.31 H	
30	Thu	5:02 AM	0.19 L	11:05 AM	3.54 H	4:50 PM	0.62 L	10:54 PM	4.23 H	



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Tarrytown										
1	Wed	6:34 AM	0.14 L	12:26 PM	2.95 H	6:21 PM	0.54 L	No PM High		
2	Thu	12:13 AM	3.51 H	7:13 AM	0.24 L	1:12 PM	2.87 H	6:57 PM	0.65 L	
3	Fri	12:51 AM	3.38 H	7:52 AM	0.36 L	2:00 PM	2.79 H	7:31 PM	0.76 L	
4	Sat	1:31 AM	3.27 H	8:32 AM	0.48 L	2:45 PM	2.76 H	8:07 PM	0.86 L	
5	Sun	2:14 AM	3.18 H	9:16 AM	0.58 L	3:28 PM	2.76 H	8:52 PM	0.95 L	
6	Mon	2:58 AM	3.12 H	10:06 AM	0.63 L	4:10 PM	2.82 H	9:58 PM	0.99 L	
7	Tue	3:44 AM	3.07 H	11:00 AM	0.61 L	4:52 PM	2.94 H	11:16 PM	0.94 L	
8	Wed	4:34 AM	3.04 H	11:52 AM	0.53 L	5:37 PM	3.12 H	No PM Low		
9	Thu	12:21 AM	0.77 L	5:30 AM	3.02 H	12:40 PM	0.40 L	6:28 PM	3.35 H	
10	Fri	1:18 AM	0.54 L	6:32 AM	3.03 H	1:28 PM	0.26 L	7:21 PM	3.62 H	
11	Sat	2:12 AM	0.29 L	7:37 AM	3.09 H	2:16 PM	0.13 L	8:13 PM	3.90 H	
12	Sun	3:06 AM	0.04 L	8:37 AM	3.18 H	3:07 PM	0.02 L	9:04 PM	4.13 H	
13	Mon	4:00 AM	-0.18 L	09:33 AM	3.28 H	4:00 PM	-0.07 L	9:54 PM	4.29 H	
14	Tue	4:54 AM	-0.35 L	10:28 AM	3.35 H	4:55 PM	-0.12 L	10:46 PM	4.34 H	
15	Wed	5:46 AM	-0.45 L	11:24 AM	3.37 H	5:48 PM	-0.13 L	11:40 PM	4.29 H	
16	Thu	6:38 AM	-0.46 L	12:24 PM	3.37 H	6:42 PM	-0.08 L	No PM High		
17	Fri	12:40 AM	4.17 H	7:29 AM	-0.40 L	1:27 PM	3.36 H	7:37 PM	0.05 L	
18	Sat	1:42 AM	4.00 H	8:22 AM	-0.27 L	2:29 PM	3.36 H	8:35 PM	0.23 L	
19	Sun	2:42 AM	3.82 H	9:18 AM	-0.12 L	3:27 PM	3.38 H	9:38 PM	0.40 L	
20	Mon	3:39 AM	3.62 H	10:16 AM	0.02 L	4:22 PM	3.40 H	10:45 PM	0.52 L	
21	Tue	4:34 AM	3.41 H	11:13 AM	0.12 L	5:17 PM	3.42 H	11:50 PM	0.55 L	
22	Wed	5:29 AM	3.20 H	12:07 PM	0.19 L	6:11 PM	3.45 H	No PM Low		
23	Thu	12:49 AM	0.51 L	6:26 AM	3.04 H	12:57 PM	0.24 L	7:05 PM	3.50 H	
24	Fri	1:43 AM	0.45 L	7:24 AM	2.95 H	1:43 PM	0.30 L	7:56 PM	3.56 H	
25	Sat	2:32 AM	0.37 L	8:19 AM	2.92 H	2:28 PM	0.36 L	8:42 PM	3.62 H	
26	Sun	3:20 AM	0.29 L	9:08 AM	2.94 H	3:12 PM	0.41 L	9:24 PM	3.65 H	
27	Mon	4:05 AM	0.23 L	9:54 AM	2.97 H	3:56 PM	0.44 L	10:03 PM	3.67 H	
28	Tue	4:49 AM	0.18 L	10:37 AM	2.99 H	4:39 PM	0.47 L	10:40 PM	3.64 H	
29	Wed	5:31 AM	0.15 L	11:19 AM	2.98 H	5:20 PM	0.49 L	11:16 PM	3.60 H	
30	Thu	6:11 AM	0.15 L	12:02 PM	2.95 H	5:59 PM	0.52 L	11:51 PM	3.53 H	

Haverstraw										
1	Wed	12:20 AM	4.11 H	7:31 AM	0.61 L	1:00 PM	3.13 H	6:53 PM	0.71 L	
2	Thu	12:53 AM	4.05 H	8:11 AM	0.66 L	1:44 PM	3.05 H	7:29 PM	0.78 L	
3	Fri	1:28 AM	3.95 H	8:52 AM	0.68 L	2:32 PM	2.96 H	8:08 PM	0.82 L	
4	Sat	2:07 AM	3.81 H	9:34 AM	0.67 L	3:21 PM	2.90 H	8:51 PM	0.84 L	
5	Sun	2:53 AM	3.65 H	10:19 AM	0.62 L	4:09 PM	2.87 H	9:43 PM	0.85 L	
6	Mon	3:43 AM	3.48 H	11:05 AM	0.54 L	4:55 PM	2.89 H	10:46 PM	0.84 L	
7	Tue	4:34 AM	3.32 H	11:52 AM	0.44 L	5:41 PM	2.98 H	11:57 PM	0.79 L	
8	Wed	5:27 AM	3.19 H	12:40 PM	0.33 L	6:29 PM	3.15 H	No PM Low		
9	Thu	1:06 AM	0.69 L	6:23 AM	3.10 H	1:26 PM	0.22 L	7:21 PM	3.40 H	
10	Fri	2:07 AM	0.56 L	7:23 AM	3.08 H	2:11 PM	0.12 L	8:11 PM	3.71 H	
11	Sat	3:03 AM	0.45 L	8:22 AM	3.13 H	2:55 PM	0.07 L	9:00 PM	4.04 H	
12	Sun	3:58 AM	0.37 L	9:16 AM	3.23 H	3:42 PM	0.06 L	9:47 PM	4.32 H	
13	Mon	4:53 AM	0.32 L	10:09 AM	3.34 H	4:33 PM	0.09 L	10:34 PM	4.50 H	
14	Tue	5:47 AM	0.28 L	11:01 AM	3.42 H	5:29 PM	0.14 L	11:24 PM	4.56 H	
15	Wed	6:40 AM	0.26 L	11:56 AM	3.45 H	6:25 PM	0.19 L	No PM High		
16	Thu	12:15 AM	4.50 H	7:31 AM	0.25 L	12:53 PM	3.42 H	7:21 PM	0.25 L	
17	Fri	1:11 AM	4.33 H	8:23 AM	0.24 L	1:54 PM	3.37 H	8:18 PM	0.32 L	
18	Sat	2:10 AM	4.10 H	9:17 AM	0.22 L	3:00 PM	3.30 H	9:19 PM	0.39 L	
19	Sun	3:13 AM	3.85 H	10:13 AM	0.19 L	4:04 PM	3.27 H	10:23 PM	0.46 L	
20	Mon	4:15 AM	3.61 H	11:09 AM	0.14 L	5:04 PM	3.25 H	11:29 PM	0.49 L	
21	Tue	5:13 AM	3.38 H	12:04 PM	0.08 L	6:02 PM	3.27 H	No PM Low		
22	Wed	12:35 AM	0.48 L	6:10 AM	3.17 H	12:57 PM	0.04 L	7:00 PM	3.34 H	
23	Thu	1:38 AM	0.44 L	7:08 AM	3.03 H	1:46 PM	0.03 L	7:57 PM	3.47 H	
24	Fri	2:34 AM	0.40 L	8:06 AM	2.97 H	2:31 PM	0.07 L	8:48 PM	3.64 H	
25	Sat	3:27 AM	0.38 L	8:58 AM	2.98 H	3:13 PM	0.15 L	9:32 PM	3.81 H	
26	Sun	4:16 AM	0.39 L	9:47 AM	3.02 H	3:54 PM	0.27 L	10:13 PM	3.95 H	
27	Mon	5:03 AM	0.42 L	10:32 AM	3.08 H	4:35 PM	0.40 L	10:50 PM	4.04 H	
28	Tue	5:48 AM	0.45 L	11:16 AM	3.10 H	5:16 PM	0.51 L	11:25 PM	4.08 H	
29	Wed	6:30 AM	0.48 L	11:59 AM	3.10 H	5:57 PM	0.59 L	11:59 PM	4.06 H	
30	Thu	7:10 AM	0.49 L	12:40 PM	3.06 H	6:36 PM	0.64 L	No PM High		

Peekskill									
1	Wed	12:17 AM	3.32 H	7:40 AM	0.13 L	1:05 PM	2.70 H	7:27 PM	0.49 L
2	Thu	12:52 AM	3.21 H	8:19 AM	0.22 L	1:51 PM	2.62 H	8:03 PM	0.59 L
3	Fri	1:30 AM	3.09 H	8:58 AM	0.33 L	2:39 PM	2.56 H	8:37 PM	0.69 L
4	Sat	2:10 AM	2.99 H	9:38 AM	0.44 L	3:24 PM	2.52 H	9:13 PM	0.79 L
5	Sun	2:53 AM	2.91 H	10:22 AM	0.53 L	4:07 PM	2.52 H	9:58 PM	0.86 L
6	Mon	3:37 AM	2.85 H	11:12 AM	0.58 L	4:49 PM	2.58 H	11:04 PM	0.91 L
7	Tue	4:23 AM	2.81 H	12:06 PM	0.56 L	5:31 PM	2.69 H	No PM Low	
8	Wed	12:22 AM	0.86 L	5:13 AM	2.78 H	12:58 PM	0.48 L	6:16 PM	2.85 H
9	Thu	1:27 AM	0.71 L	6:09 AM	2.76 H	1:46 PM	0.37 L	7:07 PM	3.06 H
10	Fri	2:24 AM	0.49 L	7:11 AM	2.77 H	2:34 PM	0.24 L	8:00 PM	3.31 H
11	Sat	3:18 AM	0.26 L	8:16 AM	2.82 H	3:22 PM	0.12 L	8:52 PM	3.56 H
12	Sun	4:12 AM	0.04 L	9:16 AM	2.91 H	4:13 PM	0.02 L	9:43 PM	3.78 H
13	Mon	5:06 AM	-0.16 L	10:12 AM	3.00 H	5:06 PM	-0.06 L	10:33 PM	3.92 H
14	Tue	6:00 AM	-0.32 L	11:07 AM	3.06 H	6:01 PM	-0.11 L	11:25 PM	3.97 H
15	Wed	6:52 AM	-0.41 L	12:03 PM	3.08 H	6:54 PM	-0.12 L	No PM High	
16	Thu	12:19 AM	3.92 H	7:44 AM	-0.42 L	1:03 PM	3.08 H	7:48 PM	-0.07 L
17	Fri	1:19 AM	3.81 H	8:35 AM	-0.36 L	2:06 PM	3.07 H	8:43 PM	0.04 L
18	Sat	2:21 AM	3.66 H	9:28 AM	-0.25 L	3:08 PM	3.08 H	9:41 PM	0.21 L
19	Sun	3:21 AM	3.49 H	10:24 AM	-0.11 L	4:06 PM	3.09 H	10:44 PM	0.37 L
20	Mon	4:18 AM	3.31 H	11:22 AM	0.02 L	5:01 PM	3.11 H	11:51 PM	0.48 L
21	Tue	5:13 AM	3.11 H	12:19 PM	0.11 L	5:56 PM	3.13 H	No PM Low	
22	Wed	12:56 AM	0.50 L	6:08 AM	2.93 H	1:13 PM	0.17 L	6:50 PM	3.16 H
23	Thu	1:55 AM	0.47 L	7:05 AM	2.78 H	2:03 PM	0.22 L	7:44 PM	3.20 H
24	Fri	2:49 AM	0.41 L	8:03 AM	2.70 H	2:49 PM	0.28 L	8:35 PM	3.25 H
25	Sat	3:38 AM	0.34 L	8:58 AM	2.67 H	3:34 PM	0.33 L	9:21 PM	3.31 H
26	Sun	4:26 AM	0.27 L	9:47 AM	2.69 H	4:18 PM	0.37 L	10:03 PM	3.34 H
27	Mon	5:11 AM	0.21 L	10:33 AM	2.72 H	5:02 PM	0.41 L	10:42 PM	3.35 H
28	Tue	5:55 AM	0.16 L	11:16 AM	2.73 H	5:45 PM	0.43 L	11:19 PM	3.33 H
29	Wed	6:37 AM	0.14 L	11:58 AM	2.73 H	6:26 PM	0.45 L	11:55 PM	3.29 H
30	Thu	7:17 AM	0.14 L	12:41 PM	2.70 H	7:05 PM	0.48 L	No PM High	

June

TIDES

Newburgh									
1	Wed	1:35 AM	3.22 H	8:40 AM	0.13 L	2:23 PM	2.61 H	8:27 PM	0.49 L
2	Thu	2:10 AM	3.11 H	9:19 AM	0.22 L	3:09 PM	2.54 H	9:03 PM	0.59 L
3	Fri	2:48 AM	3.00 H	9:58 AM	0.33 L	3:57 PM	2.48 H	9:37 PM	0.69 L
4	Sat	3:28 AM	2.90 H	10:38 AM	0.44 L	4:42 PM	2.44 H	10:13 PM	0.79 L
5	Sun	4:11 AM	2.82 H	11:22 AM	0.53 L	5:25 PM	2.44 H	10:58 PM	0.86 L
6	Mon	4:55 AM	2.76 H	12:12 PM	0.58 L	6:07 PM	2.50 H	No PM Low	
7	Tue	12:04 AM	0.91 L	5:41 AM	2.72 H	1:06 PM	0.56 L	6:49 PM	2.60 H
8	Wed	1:22 AM	0.86 L	6:31 AM	2.69 H	1:58 PM	0.48 L	7:34 PM	2.76 H
9	Thu	2:27 AM	0.71 L	7:27 AM	2.68 H	2:46 PM	0.37 L	8:25 PM	2.97 H
10	Fri	3:24 AM	0.49 L	8:29 AM	2.69 H	3:34 PM	0.24 L	9:18 PM	3.21 H
11	Sat	4:18 AM	0.26 L	9:34 AM	2.74 H	4:22 PM	0.12 L	10:10 PM	3.45 H
12	Sun	5:12 AM	0.04 L	10:34 AM	2.82 H	5:13 PM	0.02 L	11:01 PM	3.66 H
13	Mon	6:06 AM	-0.16 L	11:30 AM	2.90 H	6:06 PM	-0.06 L	11:51 PM	3.80 H
14	Tue	7:00 AM	-0.32 L	12:25 PM	2.96 H	7:01 PM	-0.11 L	No PM High	
15	Wed	12:43 AM	3.84 H	7:52 AM	-0.41 L	1:21 PM	2.98 H	7:54 PM	-0.12 L
16	Thu	1:37 AM	3.80 H	8:44 AM	-0.42 L	2:21 PM	2.98 H	8:48 PM	-0.07 L
17	Fri	2:37 AM	3.69 H	9:35 AM	-0.36 L	3:24 PM	2.97 H	9:43 PM	0.04 L
18	Sat	3:39 AM	3.54 H	10:28 AM	-0.25 L	4:26 PM	2.98 H	10:41 PM	0.21 L
19	Sun	4:39 AM	3.38 H	11:24 AM	-0.11 L	5:24 PM	3.00 H	11:44 PM	0.37 L
20	Mon	5:36 AM	3.20 H	12:22 PM	0.02 L	6:19 PM	3.01 H	No PM Low	
21	Tue	12:51 AM	0.48 L	6:31 AM	3.02 H	1:19 PM	0.11 L	7:14 PM	3.03 H
22	Wed	1:56 AM	0.50 L	7:26 AM	2.84 H	2:13 PM	0.17 L	8:08 PM	3.06 H
23	Thu	2:55 AM	0.47 L	8:23 AM	2.70 H	3:03 PM	0.22 L	9:02 PM	3.10 H
24	Fri	3:49 AM	0.41 L	9:21 AM	2.61 H	3:49 PM	0.28 L	9:53 PM	3.15 H
25	Sat	4:38 AM	0.34 L	10:16 AM	2.59 H	4:34 PM	0.33 L	10:39 PM	3.20 H
26	Sun	5:26 AM	0.27 L	11:05 AM	2.61 H	5:18 PM	0.37 L	11:21 PM	3.24 H
27	Mon	6:11 AM	0.21 L	11:51 AM	2.63 H	6:02 PM	0.41 L	No PM High	
28	Tue	12:00 AM	3.25 H	6:55 AM	0.16 L	12:34 PM	2.65 H	6:45 PM	0.43 L
29	Wed	12:37 AM	3.23 H	7:37 AM	0.14 L	1:16 PM	2.64 H	7:26 PM	0.45 L
30	Thu	1:13 AM	3.18 H	8:17 AM	0.14 L	1:59 PM	2.61 H	8:05 PM	0.48 L

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SEA TOW

Poughkeepsie									
1	Wed	2:23 AM	3.53 H	9:23 AM	0.13 L	3:11 PM	2.87 H	9:10 PM	0.52 L
2	Thu	2:58 AM	3.41 H	10:02 AM	0.23 L	3:57 PM	2.78 H	9:46 PM	0.63 L
3	Fri	3:36 AM	3.29 H	10:41 AM	0.35 L	4:45 PM	2.71 H	10:20 PM	0.73 L
4	Sat	4:16 AM	3.18 H	11:21 AM	0.47 L	5:30 PM	2.68 H	10:56 PM	0.83 L
5	Sun	4:59 AM	3.09 H	12:05 PM	0.57 L	6:13 PM	2.68 H	11:41 PM	0.92 L
6	Mon	5:43 AM	3.03 H	12:55 PM	0.61 L	6:55 PM	2.74 H	No PM Low	
7	Tue	12:47 AM	0.96 L	6:29 AM	2.99 H	1:49 PM	0.60 L	7:37 PM	2.85 H
8	Wed	2:05 AM	0.91 L	7:19 AM	2.95 H	2:41 PM	0.51 L	8:22 PM	3.03 H
9	Thu	3:10 AM	0.75 L	8:15 AM	2.94 H	3:29 PM	0.39 L	9:13 PM	3.26 H
10	Fri	4:07 AM	0.53 L	9:17 AM	2.95 H	4:17 PM	0.26 L	10:06 PM	3.52 H
11	Sat	5:01 AM	0.28 L	10:22 AM	3.00 H	5:05 PM	0.13 L	10:58 PM	3.79 H
12	Sun	5:55 AM	0.04 L	11:22 AM	3.09 H	5:56 PM	0.02 L	11:49 PM	4.01 H
13	Mon	6:49 AM	-0.17 L	12:18 PM	3.18 H	6:49 PM	-0.07 L	No PM High	
14	Tue	12:39 AM	4.17 H	7:43 AM	-0.34 L	1:13 PM	3.25 H	7:44 PM	-0.12 L
15	Wed	1:31 AM	4.22 H	8:35 AM	-0.43 L	2:09 PM	3.27 H	8:37 PM	-0.13 L
16	Thu	2:25 AM	4.17 H	9:27 AM	-0.45 L	3:09 PM	3.27 H	9:31 PM	-0.07 L
17	Fri	3:25 AM	4.05 H	10:18 AM	-0.39 L	4:12 PM	3.26 H	10:26 PM	0.05 L
18	Sat	4:27 AM	3.89 H	11:11 AM	-0.26 L	5:14 PM	3.27 H	11:24 PM	0.22 L
19	Sun	5:27 AM	3.71 H	12:07 PM	-0.12 L	6:12 PM	3.28 H	No PM Low	
20	Mon	12:27 AM	0.39 L	6:24 AM	3.51 H	1:05 PM	0.02 L	7:07 PM	3.30 H
21	Tue	1:34 AM	0.51 L	7:19 AM	3.31 H	2:02 PM	0.11 L	8:02 PM	3.32 H
22	Wed	2:39 AM	0.53 L	8:14 AM	3.11 H	2:56 PM	0.18 L	8:56 PM	3.35 H
23	Thu	3:38 AM	0.50 L	9:11 AM	2.96 H	3:46 PM	0.24 L	9:50 PM	3.40 H
24	Fri	4:32 AM	0.43 L	10:09 AM	2.87 H	4:32 PM	0.29 L	10:41 PM	3.46 H
25	Sat	5:21 AM	0.36 L	11:04 AM	2.84 H	5:17 PM	0.35 L	11:27 PM	3.51 H
26	Sun	6:09 AM	0.29 L	11:53 AM	2.86 H	6:01 PM	0.40 L	No PM High	
27	Mon	12:09 AM	3.55 H	6:54 AM	0.22 L	12:39 PM	2.89 H	6:45 PM	0.43 L
28	Tue	12:48 AM	3.56 H	7:38 AM	0.17 L	1:22 PM	2.90 H	7:28 PM	0.46 L
29	Wed	1:25 AM	3.54 H	8:20 AM	0.15 L	2:04 PM	2.90 H	8:09 PM	0.48 L
30	Thu	2:01 AM	3.49 H	9:00 AM	0.15 L	2:47 PM	2.87 H	8:48 PM	0.51 L

June

TIDES

Kingston

1	Wed	3:09 AM	4.20 H	10:11 AM	0.16 L	3:57 PM	3.42 H	9:58 PM	0.63 L
2	Thu	3:44 AM	4.06 H	10:50 AM	0.28 L	4:43 PM	3.32 H	10:34 PM	0.76 L
3	Fri	4:22 AM	3.91 H	11:29 AM	0.42 L	5:31 PM	3.23 H	11:08 PM	0.88 L
4	Sat	5:02 AM	3.78 H	12:09 PM	0.57 L	6:16 PM	3.19 H	11:44 PM	1.00 L
5	Sun	5:45 AM	3.68 H	12:53 PM	0.68 L	6:59 PM	3.19 H	No PM Low	
6	Mon	12:29 AM	1.11 L	6:29 AM	3.61 H	1:43 PM	0.74 L	7:41 PM	3.26 H
7	Tue	1:35 AM	1.16 L	7:15 AM	3.56 H	2:37 PM	0.72 L	8:23 PM	3.40 H
8	Wed	2:53 AM	1.10 L	8:05 AM	3.52 H	3:29 PM	0.62 L	9:08 PM	3.61 H
9	Thu	3:58 AM	0.90 L	9:01 AM	3.50 H	4:17 PM	0.47 L	9:59 PM	3.88 H
10	Fri	4:55 AM	0.64 L	10:03 AM	3.51 H	5:05 PM	0.31 L	10:52 PM	4.19 H
1	Sat	5:49 AM	0.34 L	11:08 AM	3.58 H	5:53 PM	0.15 L	11:44 PM	4.51 H
2	Sun	6:43 AM	0.05 L	12:08 PM	3.68 H	6:44 PM	0.02 L	No PM High	
3	Mon	12:35 AM	4.78 H	7:37 AM	-0.21 L	1:04 PM	3.79 H	7:37 PM	-0.08 L
4	Tue	1:25 AM	4.96 H	8:31 AM	-0.41 L	1:59 PM	3.87 H	8:32 PM	-0.14 L
5	Wed	2:17 AM	5.02 H	9:23 AM	-0.52 L	2:55 PM	3.90 H	9:25 PM	-0.15 L
6	Thu	3:11 AM	4.96 H	10:15 AM	-0.54 L	3:55 PM	3.89 H	10:19 PM	-0.09 L
7	Fri	4:11 AM	4.82 H	11:06 AM	-0.47 L	4:58 PM	3.88 H	11:14 PM	0.06 L
8	Sat	5:13 AM	4.63 H	11:59 AM	-0.32 L	6:00 PM	3.89 H	No PM Low	
9	Sun	12:12 AM	0.26 L	6:13 AM	4.42 H	12:55 PM	-0.14 L	6:58 PM	3.91 H
10	Mon	1:15 AM	0.47 L	7:10 AM	4.18 H	1:53 PM	0.02 L	7:53 PM	3.94 H
1	Tue	2:22 AM	0.61 L	8:05 AM	3.94 H	2:50 PM	0.14 L	8:48 PM	3.96 H
2	Wed	3:27 AM	0.64 L	9:00 AM	3.71 H	3:44 PM	0.22 L	9:42 PM	4.00 H
3	Thu	4:26 AM	0.60 L	9:57 AM	3.52 H	4:34 PM	0.28 L	10:36 PM	4.05 H
4	Fri	5:20 AM	0.52 L	10:55 AM	3.41 H	5:20 PM	0.35 L	11:27 PM	4.12 H
5	Sat	6:09 AM	0.43 L	11:50 AM	3.38 H	6:05 PM	0.42 L	No PM High	
6	Sun	12:13 AM	4.18 H	6:57 AM	0.34 L	12:39 PM	3.40 H	6:49 PM	0.48 L
7	Mon	12:55 AM	4.23 H	7:42 AM	0.27 L	1:25 PM	3.44 H	7:33 PM	0.52 L
8	Tue	1:34 AM	4.24 H	8:26 AM	0.21 L	2:08 PM	3.46 H	8:16 PM	0.55 L
9	Wed	2:11 AM	4.22 H	9:08 AM	0.17 L	2:50 PM	3.45 H	8:57 PM	0.57 L
10	Thu	2:47 AM	4.16 H	9:48 AM	0.18 L	3:33 PM	3.42 H	9:36 PM	0.61 L

Hudson										
1	Wed	4:47 AM	4.57 H	11:49 AM	0.17 L	5:35 PM	3.71 H	11:36 PM	0.66 L	
2	Thu	5:22 AM	4.41 H	12:28 PM	0.29 L	6:21 PM	3.60 H	No PM Low		
3	Fri	12:12 AM	0.79 L	6:00 AM	4.25 H	1:07 PM	0.44 L	7:09 PM	3.51 H	
4	Sat	12:46 AM	0.93 L	6:40 AM	4.11 H	1:47 PM	0.59 L	7:54 PM	3.46 H	
5	Sun	1:22 AM	1.05 L	7:23 AM	4.00 H	2:31 PM	0.72 L	8:37 PM	3.47 H	
6	Mon	2:07 AM	1.16 L	8:07 AM	3.92 H	3:21 PM	0.78 L	9:19 PM	3.54 H	
7	Tue	3:13 AM	1.22 L	8:53 AM	3.86 H	4:15 PM	0.75 L	10:01 PM	3.69 H	
8	Wed	4:31 AM	1.15 L	9:43 AM	3.82 H	5:07 PM	0.65 L	10:46 PM	3.92 H	
9	Thu	5:36 AM	0.95 L	10:39 AM	3.80 H	5:55 PM	0.49 L	11:37 PM	4.21 H	
10	Fri	6:33 AM	0.67 L	11:41 AM	3.81 H	6:43 PM	0.32 L	No PM High		
11	Sat	12:30 AM	4.55 H	7:27 AM	0.35 L	12:46 PM	3.88 H	7:31 PM	0.16 L	
12	Sun	1:22 AM	4.90 H	8:21 AM	0.05 L	1:46 PM	4.00 H	8:22 PM	0.02 L	
13	Mon	2:13 AM	5.19 H	9:15 AM	-0.22 L	2:42 PM	4.12 H	9:15 PM	-0.08 L	
14	Tue	3:03 AM	5.39 H	10:09 AM	-0.42 L	3:37 PM	4.21 H	10:10 PM	-0.15 L	
15	Wed	3:55 AM	5.46 H	11:01 AM	-0.55 L	4:33 PM	4.24 H	11:03 PM	-0.16 L	
16	Thu	4:49 AM	5.39 H	11:53 AM	-0.57 L	5:33 PM	4.23 H	11:57 PM	-0.09 L	
17	Fri	5:49 AM	5.24 H	12:44 PM	-0.49 L	6:36 PM	4.22 H	No PM Low		
18	Sat	12:52 AM	0.06 L	6:51 AM	5.03 H	1:37 PM	-0.33 L	7:38 PM	4.23 H	
19	Sun	1:50 AM	0.28 L	7:51 AM	4.80 H	2:33 PM	-0.15 L	8:36 PM	4.25 H	
20	Mon	2:53 AM	0.50 L	8:48 AM	4.55 H	3:31 PM	0.02 L	9:31 PM	4.28 H	
21	Tue	4:00 AM	0.64 L	9:43 AM	4.28 H	4:28 PM	0.14 L	10:26 PM	4.30 H	
22	Wed	5:05 AM	0.68 L	10:38 AM	4.03 H	5:22 PM	0.23 L	11:20 PM	4.34 H	
23	Thu	6:04 AM	0.63 L	11:35 AM	3.83 H	6:12 PM	0.30 L	No PM High		
24	Fri	12:14 AM	4.40 H	6:58 AM	0.55 L	12:33 PM	3.71 H	6:58 PM	0.37 L	
25	Sat	1:05 AM	4.48 H	7:47 AM	0.45 L	1:28 PM	3.68 H	7:43 PM	0.44 L	
26	Sun	1:51 AM	4.55 H	8:35 AM	0.36 L	2:17 PM	3.70 H	8:27 PM	0.50 L	
27	Mon	2:33 AM	4.59 H	9:20 AM	0.28 L	3:03 PM	3.74 H	9:11 PM	0.55 L	
28	Tue	3:12 AM	4.61 H	10:04 AM	0.22 L	3:46 PM	3.76 H	9:54 PM	0.58 L	
29	Wed	3:49 AM	4.58 H	10:46 AM	0.18 L	4:28 PM	3.75 H	10:35 PM	0.60 L	
30	Thu	4:25 AM	4.52 H	11:26 AM	0.19 L	5:11 PM	3.71 H	11:14 PM	0.64 L	

June
TIDES

Castleton										
1	Wed	12:04 AM	1.19 L	5:46 AM	5.90 H	1:10 PM	0.65 L	6:41 PM	4.75 H	
2	Thu	12:36 AM	1.32 L	6:08 AM	5.78 H	1:51 PM	0.77 L	7:27 PM	4.63 H	
3	Fri	1:07 AM	1.40 L	6:29 AM	5.71 H	2:31 PM	0.87 L	8:13 PM	4.58 H	
4	Sat	1:44 AM	1.44 L	7:03 AM	5.64 H	3:12 PM	0.94 L	8:59 PM	4.58 H	
5	Sun	2:27 AM	1.49 L	7:47 AM	5.53 H	3:54 PM	0.99 L	9:45 PM	4.64 H	
6	Mon	3:20 AM	1.55 L	8:36 AM	5.36 H	4:39 PM	1.01 L	10:32 PM	4.74 H	
7	Tue	4:24 AM	1.61 L	9:31 AM	5.14 H	5:26 PM	1.02 L	11:21 PM	4.90 H	
8	Wed	5:38 AM	1.61 L	10:35 AM	4.89 H	6:17 PM	1.00 L	No PM High		
9	Thu	12:11 AM	5.11 H	6:51 AM	1.50 L	11:56 AM	4.70 H	7:09 PM	0.95 L	
10	Fri	1:01 AM	5.36 H	7:57 AM	1.28 L	1:11 PM	4.60 H	8:03 PM	0.90 L	
11	Sat	1:48 AM	5.63 H	8:59 AM	1.00 L	2:12 PM	4.59 H	8:56 PM	0.83 L	
12	Sun	2:33 AM	5.88 H	9:56 AM	0.70 L	3:06 PM	4.61 H	9:49 PM	0.77 L	
13	Mon	3:18 AM	6.07 H	10:51 AM	0.44 L	3:58 PM	4.62 H	10:41 PM	0.72 L	
14	Tue	4:02 AM	6.15 H	11:43 AM	0.26 L	4:50 PM	4.62 H	11:34 PM	0.68 L	
15	Wed	4:50 AM	6.11 H	12:35 PM	0.15 L	5:44 PM	4.60 H	No PM Low		
16	Thu	12:27 AM	0.65 L	5:43 AM	5.97 H	1:26 PM	0.10 L	6:43 PM	4.60 H	
17	Fri	1:21 AM	0.64 L	6:42 AM	5.78 H	2:17 PM	0.09 L	7:44 PM	4.65 H	
18	Sat	2:16 AM	0.64 L	7:47 AM	5.57 H	3:09 PM	0.10 L	8:45 PM	4.75 H	
19	Sun	3:14 AM	0.66 L	8:52 AM	5.40 H	4:01 PM	0.12 L	9:44 PM	4.91 H	
20	Mon	4:13 AM	0.68 L	9:55 AM	5.24 H	4:53 PM	0.13 L	10:42 PM	5.08 H	
21	Tue	5:13 AM	0.67 L	10:55 AM	5.08 H	5:44 PM	0.14 L	11:38 PM	5.24 H	
22	Wed	6:14 AM	0.62 L	11:53 AM	4.94 H	6:35 PM	0.17 L	No PM High		
23	Thu	12:32 AM	5.40 H	7:13 AM	0.53 L	12:49 PM	4.83 H	7:25 PM	0.21 L	
24	Fri	1:24 AM	5.55 H	8:09 AM	0.39 L	1:43 PM	4.76 H	8:13 PM	0.26 L	
25	Sat	2:13 AM	5.67 H	9:03 AM	0.23 L	2:34 PM	4.71 H	8:59 PM	0.34 L	
26	Sun	2:57 AM	5.72 H	9:53 AM	0.10 L	3:22 PM	4.66 H	9:42 PM	0.44 L	
27	Mon	3:39 AM	5.71 H	10:40 AM	0.02 L	4:08 PM	4.60 H	10:23 PM	0.56 L	
28	Tue	4:17 AM	5.65 H	11:24 AM	-0.00 L	4:52 PM	4.50 H	11:02 PM	0.66 L	
29	Wed	4:52 AM	5.54 H	12:05 PM	0.03 L	5:35 PM	4.40 H	11:39 PM	0.74 L	
30	Thu	5:22 AM	5.43 H	12:45 PM	0.10 L	6:17 PM	4.31 H	No PM Low		

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Albany										
1	Wed	12:33 AM	1.10 L	6:03 AM	6.09 H	1:39 PM	0.56 L	6:58 PM	4.94 H	
2	Thu	1:05 AM	1.22 L	6:25 AM	5.98 H	2:20 PM	0.67 L	7:44 PM	4.83 H	
3	Fri	1:36 AM	1.30 L	6:46 AM	5.91 H	3:00 PM	0.77 L	8:30 PM	4.77 H	
4	Sat	2:13 AM	1.34 L	7:20 AM	5.84 H	3:41 PM	0.84 L	9:16 PM	4.78 H	
5	Sun	2:56 AM	1.39 L	8:04 AM	5.73 H	4:23 PM	0.89 L	10:02 PM	4.83 H	
6	Mon	3:49 AM	1.45 L	8:53 AM	5.56 H	5:08 PM	0.92 L	10:49 PM	4.94 H	
7	Tue	4:53 AM	1.51 L	9:48 AM	5.34 H	5:55 PM	0.92 L	11:38 PM	5.09 H	
8	Wed	6:07 AM	1.51 L	10:52 AM	5.09 H	6:46 PM	0.90 L	No PM High		
9	Thu	12:28 AM	5.30 H	7:20 AM	1.41 L	12:13 PM	4.89 H	7:38 PM	0.86 L	
10	Fri	1:18 AM	5.56 H	8:26 AM	1.19 L	1:28 PM	4.80 H	8:32 PM	0.80 L	
11	Sat	2:05 AM	5.83 H	9:28 AM	0.90 L	2:29 PM	4.79 H	9:25 PM	0.74 L	
12	Sun	2:50 AM	6.08 H	10:25 AM	0.60 L	3:23 PM	4.80 H	10:18 PM	0.68 L	
13	Mon	3:35 AM	6.26 H	11:20 AM	0.35 L	4:15 PM	4.82 H	11:10 PM	0.62 L	
14	Tue	4:19 AM	6.34 H	12:12 PM	0.16 L	5:07 PM	4.81 H	No PM Low		
15	Wed	12:03 AM	0.58 L	5:07 AM	6.31 H	1:04 PM	0.05 L	6:01 PM	4.79 H	
16	Thu	12:56 AM	0.56 L	6:00 AM	6.17 H	1:55 PM	0.00 L	7:00 PM	4.79 H	
17	Fri	1:50 AM	0.54 L	6:59 AM	5.97 H	2:46 PM	-0.01 L	8:01 PM	4.84 H	
18	Sat	2:45 AM	0.55 L	8:04 AM	5.77 H	3:38 PM	0.01 L	9:02 PM	4.95 H	
19	Sun	3:43 AM	0.56 L	9:09 AM	5.59 H	4:30 PM	0.02 L	10:01 PM	5.10 H	
20	Mon	4:42 AM	0.58 L	10:12 AM	5.43 H	5:22 PM	0.03 L	10:59 PM	5.27 H	
21	Tue	5:42 AM	0.57 L	11:12 AM	5.28 H	6:13 PM	0.05 L	11:55 PM	5.44 H	
22	Wed	6:43 AM	0.53 L	12:10 PM	5.14 H	7:04 PM	0.07 L	No PM High		
23	Thu	12:49 AM	5.60 H	7:42 AM	0.43 L	1:06 PM	5.03 H	7:54 PM	0.11 L	
24	Fri	1:41 AM	5.75 H	8:38 AM	0.29 L	2:00 PM	4.96 H	8:42 PM	0.17 L	
25	Sat	2:30 AM	5.86 H	9:32 AM	0.14 L	2:51 PM	4.91 H	9:28 PM	0.24 L	
26	Sun	3:14 AM	5.92 H	10:22 AM	0.00 L	3:39 PM	4.86 H	10:11 PM	0.35 L	
27	Mon	3:56 AM	5.91 H	11:09 AM	-0.08 L	4:25 PM	4.79 H	10:52 PM	0.46 L	
28	Tue	4:34 AM	5.84 H	11:53 AM	-0.10 L	5:09 PM	4.70 H	11:31 PM	0.56 L	
29	Wed	5:09 AM	5.74 H	12:34 PM	-0.07 L	5:52 PM	4.60 H	No PM Low		
30	Thu	12:08 AM	0.64 L	5:39 AM	5.63 H	1:14 PM	0.00 L	6:34 PM	4.51 H	

June
TIDES

Troy										
1	Wed	12:43 AM	1.10 L	6:11 AM	6.09 H	1:49 PM	0.56 L	7:06 PM	4.94 H	
2	Thu	1:15 AM	1.22 L	6:33 AM	5.98 H	2:30 PM	0.67 L	7:52 PM	4.83 H	
3	Fri	1:46 AM	1.30 L	6:54 AM	5.91 H	3:10 PM	0.77 L	8:38 PM	4.77 H	
4	Sat	2:23 AM	1.34 L	7:28 AM	5.84 H	3:51 PM	0.84 L	9:24 PM	4.78 H	
5	Sun	3:06 AM	1.39 L	8:12 AM	5.73 H	4:33 PM	0.89 L	10:10 PM	4.83 H	
6	Mon	3:59 AM	1.45 L	9:01 AM	5.56 H	5:18 PM	0.92 L	10:57 PM	4.94 H	
7	Tue	5:03 AM	1.51 L	9:56 AM	5.34 H	6:05 PM	0.92 L	11:46 PM	5.09 H	
8	Wed	6:17 AM	1.51 L	11:00 AM	5.09 H	6:56 PM	0.90 L	No PM High		
9	Thu	12:36 AM	5.30 H	7:30 AM	1.41 L	12:21 PM	4.89 H	7:48 PM	0.86 L	
10	Fri	1:26 AM	5.56 H	8:36 AM	1.19 L	1:36 PM	4.80 H	8:42 PM	0.80 L	
11	Sat	2:13 AM	5.83 H	9:38 AM	0.90 L	2:37 PM	4.79 H	9:35 PM	0.74 L	
12	Sun	2:58 AM	6.08 H	10:35 AM	0.60 L	3:31 PM	4.80 H	10:28 PM	0.68 L	
13	Mon	3:43 AM	6.26 H	11:30 AM	0.35 L	4:23 PM	4.82 H	11:20 PM	0.62 L	
14	Tue	4:27 AM	6.34 H	12:22 PM	0.16 L	5:15 PM	4.81 H	No PM Low		
15	Wed	12:13 AM	0.58 L	5:15 AM	6.31 H	1:14 PM	0.05 L	6:09 PM	4.79 H	
16	Thu	1:06 AM	0.56 L	6:08 AM	6.17 H	2:05 PM	0.00 L	7:08 PM	4.79 H	
17	Fri	2:00 AM	0.54 L	7:07 AM	5.97 H	2:56 PM	-0.01 L	8:09 PM	4.84 H	
18	Sat	2:55 AM	0.55 L	8:12 AM	5.77 H	3:48 PM	0.01 L	9:10 PM	4.95 H	
19	Sun	3:53 AM	0.56 L	9:17 AM	5.59 H	4:40 PM	0.02 L	10:09 PM	5.10 H	
20	Mon	4:52 AM	0.58 L	10:20 AM	5.43 H	5:32 PM	0.03 L	11:07 PM	5.27 H	
21	Tue	5:52 AM	0.57 L	11:20 AM	5.28 H	6:23 PM	0.05 L	No PM High		
22	Wed	12:03 AM	5.44 H	6:53 AM	0.53 L	12:18 PM	5.14 H	7:14 PM	0.07 L	
23	Thu	12:57 AM	5.60 H	7:52 AM	0.43 L	1:14 PM	5.03 H	8:04 PM	0.11 L	
24	Fri	1:49 AM	5.75 H	8:48 AM	0.29 L	2:08 PM	4.96 H	8:52 PM	0.17 L	
25	Sat	2:38 AM	5.86 H	9:42 AM	0.14 L	2:59 PM	4.91 H	9:38 PM	0.24 L	
26	Sun	3:22 AM	5.92 H	10:32 AM	0.00 L	3:47 PM	4.86 H	10:21 PM	0.35 L	
27	Mon	4:04 AM	5.91 H	11:19 AM	-0.08 L	4:33 PM	4.79 H	11:02 PM	0.46 L	
28	Tue	4:42 AM	5.84 H	12:03 PM	-0.10 L	5:17 PM	4.70 H	11:41 PM	0.56 L	
29	Wed	5:17 AM	5.74 H	12:44 PM	-0.07 L	6:00 PM	4.60 H	No PM Low		
30	Thu	12:18 AM	0.64 L	5:47 AM	5.63 H	1:24 PM	0.00 L	6:42 PM	4.51 H	