

| The Battery |     |          |         |          |         |          |         |            |        |
|-------------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1           | Fri | 4:52 AM  | 0.28 L  | 10:57 AM | 4.16 H  | 4:40 PM  | 0.81 L  | 10:37 PM   | 4.92 H |
| 2           | Sat | 5:29 AM  | 0.37 L  | 11:40 AM | 4.12 H  | 5:15 PM  | 0.90 L  | 11:13 PM   | 4.81 H |
| 3           | Sun | 6:05 AM  | 0.47 L  | 12:21 PM | 4.12 H  | 5:51 PM  | 1.00 L  | 11:51 PM   | 4.70 H |
| 4           | Mon | 6:40 AM  | 0.57 L  | 1:00 PM  | 4.18 H  | 6:31 PM  | 1.11 L  | No PM High |        |
| 5           | Tue | 12:33 AM | 4.59 H  | 7:17 AM  | 0.65 L  | 1:38 PM  | 4.32 H  | 7:25 PM    | 1.19 L |
| 6           | Wed | 1:19 AM  | 4.49 H  | 8:02 AM  | 0.68 L  | 2:18 PM  | 4.52 H  | 8:38 PM    | 1.19 L |
| 7           | Thu | 2:08 AM  | 4.39 H  | 8:58 AM  | 0.67 L  | 3:03 PM  | 4.76 H  | 9:51 PM    | 1.03 L |
| 8           | Fri | 3:04 AM  | 4.28 H  | 9:57 AM  | 0.58 L  | 3:55 PM  | 5.03 H  | 10:54 PM   | 0.76 L |
| 9           | Sat | 4:08 AM  | 4.22 H  | 10:55 AM | 0.45 L  | 4:54 PM  | 5.30 H  | 11:53 PM   | 0.43 L |
| 10          | Sun | 5:19 AM  | 4.25 H  | 11:51 AM | 0.29 L  | 5:56 PM  | 5.59 H  | No PM Low  |        |
| 11          | Mon | 12:49 AM | 0.10 L  | 6:28 AM  | 4.39 H  | 12:48 PM | 0.12 L  | 6:55 PM    | 5.87 H |
| 12          | Tue | 1:45 AM  | -0.21 L | 07:30 AM | 4.60 H  | 1:46 PM  | -0.04 L | 7:52 PM    | 6.08 H |
| 13          | Wed | 2:40 AM  | -0.46 L | 08:27 AM | 4.79 H  | 2:43 PM  | -0.18 L | 8:46 PM    | 6.17 H |
| 14          | Thu | 3:33 AM  | -0.64 L | 09:23 AM | 4.93 H  | 3:38 PM  | -0.25 L | 9:41 PM    | 6.13 H |
| 15          | Fri | 4:23 AM  | -0.71 L | 10:21 AM | 5.00 H  | 4:32 PM  | -0.22 L | 10:38 PM   | 5.97 H |
| 16          | Sat | 5:12 AM  | -0.66 L | 11:19 AM | 5.04 H  | 5:24 PM  | -0.06 L | 11:35 PM   | 5.72 H |
| 17          | Sun | 6:01 AM  | -0.49 L | 12:17 PM | 5.06 H  | 6:19 PM  | 0.20 L  | No PM High |        |
| 18          | Mon | 12:31 AM | 5.41 H  | 6:51 AM  | -0.24 L | 1:12 PM  | 5.06 H  | 7:17 PM    | 0.51 L |
| 19          | Tue | 1:25 AM  | 5.07 H  | 7:43 AM  | 0.05 L  | 2:04 PM  | 5.02 H  | 8:20 PM    | 0.76 L |
| 20          | Wed | 2:17 AM  | 4.71 H  | 8:38 AM  | 0.33 L  | 2:55 PM  | 4.96 H  | 9:24 PM    | 0.90 L |
| 21          | Thu | 3:09 AM  | 4.38 H  | 9:32 AM  | 0.56 L  | 3:46 PM  | 4.90 H  | 10:24 PM   | 0.91 L |
| 22          | Fri | 4:05 AM  | 4.12 H  | 10:24 AM | 0.72 L  | 4:38 PM  | 4.85 H  | 11:19 PM   | 0.85 L |
| 23          | Sat | 5:04 AM  | 3.97 H  | 11:14 AM | 0.81 L  | 5:32 PM  | 4.86 H  | No PM Low  |        |
| 24          | Sun | 12:09 AM | 0.74 L  | 6:02 AM  | 3.96 H  | 12:01 PM | 0.86 L  | 6:23 PM    | 4.91 H |
| 25          | Mon | 12:56 AM | 0.63 L  | 6:55 AM  | 4.05 H  | 12:47 PM | 0.85 L  | 7:10 PM    | 5.00 H |
| 26          | Tue | 1:42 AM  | 0.51 L  | 7:43 AM  | 4.17 H  | 1:33 PM  | 0.80 L  | 7:52 PM    | 5.09 H |
| 27          | Wed | 2:26 AM  | 0.39 L  | 8:26 AM  | 4.29 H  | 2:17 PM  | 0.73 L  | 8:30 PM    | 5.15 H |
| 28          | Thu | 3:08 AM  | 0.29 L  | 9:06 AM  | 4.36 H  | 3:00 PM  | 0.67 L  | 9:06 PM    | 5.16 H |
| 29          | Fri | 3:47 AM  | 0.23 L  | 9:46 AM  | 4.39 H  | 3:40 PM  | 0.63 L  | 9:40 PM    | 5.13 H |
| 30          | Sat | 4:24 AM  | 0.20 L  | 10:24 AM | 4.40 H  | 4:18 PM  | 0.63 L  | 10:11 PM   | 5.06 H |
| 31          | Sun | 4:59 AM  | 0.23 L  | 11:01 AM | 4.42 H  | 4:55 PM  | 0.67 L  | 10:43 PM   | 4.96 H |

Your local on-water assistance experts.



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| Tarrytown |     |          |         |          |         |          |         |            |         |
|-----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1         | Fri | 6:49 AM  | 0.19 L  | 12:46 PM | 2.91 H  | 6:37 PM  | 0.57 L  | No PM High |         |
| 2         | Sat | 12:26 AM | 3.45 H  | 7:26 AM  | 0.26 L  | 1:29 PM  | 2.88 H  | 7:12 PM    | 0.63 L  |
| 3         | Sun | 1:02 AM  | 3.37 H  | 8:02 AM  | 0.33 L  | 2:10 PM  | 2.88 H  | 7:48 PM    | 0.70 L  |
| 4         | Mon | 1:40 AM  | 3.29 H  | 8:37 AM  | 0.40 L  | 2:49 PM  | 2.93 H  | 8:28 PM    | 0.78 L  |
| 5         | Tue | 2:22 AM  | 3.22 H  | 9:14 AM  | 0.45 L  | 3:27 PM  | 3.02 H  | 9:22 PM    | 0.83 L  |
| 6         | Wed | 3:08 AM  | 3.14 H  | 9:59 AM  | 0.48 L  | 4:07 PM  | 3.16 H  | 10:35 PM   | 0.83 L  |
| 7         | Thu | 3:57 AM  | 3.07 H  | 10:55 AM | 0.47 L  | 4:52 PM  | 3.33 H  | 11:48 PM   | 0.72 L  |
| 8         | Fri | 4:53 AM  | 3.00 H  | 11:54 AM | 0.41 L  | 5:44 PM  | 3.52 H  | No PM Low  |         |
| 9         | Sat | 12:51 AM | 0.53 L  | 5:57 AM  | 2.96 H  | 12:52 PM | 0.32 L  | 6:43 PM    | 3.71 H  |
| 10        | Sun | 1:50 AM  | 0.30 L  | 7:08 AM  | 2.98 H  | 1:48 PM  | 0.20 L  | 7:45 PM    | 3.92 H  |
| 11        | Mon | 2:46 AM  | 0.07 L  | 8:17 AM  | 3.08 H  | 2:45 PM  | 0.09 L  | 8:44 PM    | 4.11 H  |
| 12        | Tue | 3:42 AM  | -0.14 L | 09:19 AM | 3.22 H  | 3:43 PM  | -0.03 L | 9:41 PM    | 4.25 H  |
| 13        | Wed | 4:37 AM  | -0.32 L | 10:16 AM | 3.35 H  | 4:40 PM  | -0.13 L | 10:35 PM   | 4.32 H  |
| 14        | Thu | 5:30 AM  | -0.45 L | 11:12 AM | 3.45 H  | 5:35 PM  | -0.18 L | 11:30 PM   | 4.29 H  |
| 15        | Fri | 6:20 AM  | -0.50 L | 12:10 PM | 3.50 H  | 6:29 PM  | -0.15 L | No PM High |         |
| 16        | Sat | 12:27 AM | 4.18 H  | 7:09 AM  | -0.46 L | 1:08 PM  | 3.53 H  | 7:21 PM    | -0.04 L |
| 17        | Sun | 1:24 AM  | 4.00 H  | 7:58 AM  | -0.34 L | 2:06 PM  | 3.54 H  | 8:16 PM    | 0.14 L  |
| 18        | Mon | 2:20 AM  | 3.79 H  | 8:48 AM  | -0.17 L | 3:01 PM  | 3.54 H  | 9:14 PM    | 0.36 L  |
| 19        | Tue | 3:14 AM  | 3.55 H  | 9:40 AM  | 0.04 L  | 3:53 PM  | 3.52 H  | 10:17 PM   | 0.53 L  |
| 20        | Wed | 4:06 AM  | 3.30 H  | 10:35 AM | 0.23 L  | 4:44 PM  | 3.48 H  | 11:21 PM   | 0.63 L  |
| 21        | Thu | 4:58 AM  | 3.06 H  | 11:29 AM | 0.39 L  | 5:35 PM  | 3.43 H  | No PM Low  |         |
| 22        | Fri | 12:21 AM | 0.64 L  | 5:54 AM  | 2.88 H  | 12:21 PM | 0.50 L  | 6:27 PM    | 3.40 H  |
| 23        | Sat | 1:16 AM  | 0.59 L  | 6:53 AM  | 2.78 H  | 1:11 PM  | 0.57 L  | 7:21 PM    | 3.40 H  |
| 24        | Sun | 2:06 AM  | 0.52 L  | 7:51 AM  | 2.77 H  | 1:58 PM  | 0.60 L  | 8:12 PM    | 3.44 H  |
| 25        | Mon | 2:53 AM  | 0.44 L  | 8:44 AM  | 2.84 H  | 2:44 PM  | 0.59 L  | 8:59 PM    | 3.50 H  |
| 26        | Tue | 3:39 AM  | 0.35 L  | 9:32 AM  | 2.92 H  | 3:30 PM  | 0.56 L  | 9:41 PM    | 3.56 H  |
| 27        | Wed | 4:23 AM  | 0.27 L  | 10:15 AM | 3.00 H  | 4:14 PM  | 0.51 L  | 10:19 PM   | 3.60 H  |
| 28        | Thu | 5:05 AM  | 0.20 L  | 10:55 AM | 3.05 H  | 4:57 PM  | 0.47 L  | 10:55 PM   | 3.61 H  |
| 29        | Fri | 5:44 AM  | 0.16 L  | 11:35 AM | 3.07 H  | 5:37 PM  | 0.44 L  | 11:29 PM   | 3.59 H  |
| 30        | Sat | 6:21 AM  | 0.14 L  | 12:13 PM | 3.08 H  | 6:15 PM  | 0.44 L  | No PM High |         |
| 31        | Sun | 12:00 AM | 3.54 H  | 6:56 AM  | 0.16 L  | 12:50 PM | 3.09 H  | 6:52 PM    | 0.47 L  |

| Spuyten Duyvil |     |          |         |          |         |          |         |            |        |
|----------------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1              | Fri | 5:40 AM  | 0.23 L  | 11:49 AM | 3.49 H  | 5:28 PM  | 0.68 L  | 11:29 PM   | 4.13 H |
| 2              | Sat | 6:17 AM  | 0.31 L  | 12:32 PM | 3.46 H  | 6:03 PM  | 0.75 L  | No PM High |        |
| 3              | Sun | 12:05 AM | 4.04 H  | 6:53 AM  | 0.40 L  | 1:13 PM  | 3.46 H  | 6:39 PM    | 0.84 L |
| 4              | Mon | 12:43 AM | 3.95 H  | 7:28 AM  | 0.48 L  | 1:52 PM  | 3.51 H  | 7:19 PM    | 0.93 L |
| 5              | Tue | 1:25 AM  | 3.86 H  | 8:05 AM  | 0.54 L  | 2:30 PM  | 3.63 H  | 8:13 PM    | 1.00 L |
| 6              | Wed | 2:11 AM  | 3.77 H  | 8:50 AM  | 0.57 L  | 3:10 PM  | 3.80 H  | 9:26 PM    | 1.00 L |
| 7              | Thu | 3:00 AM  | 3.68 H  | 9:46 AM  | 0.56 L  | 3:55 PM  | 4.00 H  | 10:39 PM   | 0.87 L |
| 8              | Fri | 3:56 AM  | 3.60 H  | 10:45 AM | 0.49 L  | 4:47 PM  | 4.22 H  | 11:42 PM   | 0.64 L |
| 9              | Sat | 5:00 AM  | 3.55 H  | 11:43 AM | 0.38 L  | 5:46 PM  | 4.46 H  | No PM Low  |        |
| 10             | Sun | 12:41 AM | 0.36 L  | 6:11 AM  | 3.57 H  | 12:39 PM | 0.24 L  | 6:48 PM    | 4.70 H |
| 11             | Mon | 1:37 AM  | 0.08 L  | 7:20 AM  | 3.69 H  | 1:36 PM  | 0.10 L  | 7:47 PM    | 4.93 H |
| 12             | Tue | 2:33 AM  | -0.17 L | 08:22 AM | 3.86 H  | 2:34 PM  | -0.04 L | 8:44 PM    | 5.11 H |
| 13             | Wed | 3:28 AM  | -0.39 L | 09:19 AM | 4.02 H  | 3:31 PM  | -0.15 L | 9:38 PM    | 5.18 H |
| 14             | Thu | 4:21 AM  | -0.53 L | 10:15 AM | 4.14 H  | 4:26 PM  | -0.21 L | 10:33 PM   | 5.15 H |
| 15             | Fri | 5:11 AM  | -0.59 L | 11:13 AM | 4.20 H  | 5:20 PM  | -0.18 L | 11:30 PM   | 5.01 H |
| 16             | Sat | 6:00 AM  | -0.55 L | 12:11 PM | 4.23 H  | 6:12 PM  | -0.05 L | No PM High |        |
| 17             | Sun | 12:27 AM | 4.81 H  | 6:49 AM  | -0.41 L | 1:09 PM  | 4.25 H  | 7:07 PM    | 0.17 L |
| 18             | Mon | 1:23 AM  | 4.55 H  | 7:39 AM  | -0.20 L | 2:04 PM  | 4.25 H  | 8:05 PM    | 0.43 L |
| 19             | Tue | 2:17 AM  | 4.26 H  | 8:31 AM  | 0.04 L  | 2:56 PM  | 4.22 H  | 9:08 PM    | 0.64 L |
| 20             | Wed | 3:09 AM  | 3.96 H  | 9:26 AM  | 0.28 L  | 3:47 PM  | 4.17 H  | 10:12 PM   | 0.75 L |
| 21             | Thu | 4:01 AM  | 3.68 H  | 10:20 AM | 0.47 L  | 4:38 PM  | 4.11 H  | 11:12 PM   | 0.76 L |
| 22             | Fri | 4:57 AM  | 3.46 H  | 11:12 AM | 0.60 L  | 5:30 PM  | 4.08 H  | No PM Low  |        |
| 23             | Sat | 12:07 AM | 0.71 L  | 5:56 AM  | 3.34 H  | 12:02 PM | 0.69 L  | 6:24 PM    | 4.08 H |
| 24             | Sun | 12:57 AM | 0.63 L  | 6:54 AM  | 3.33 H  | 12:49 PM | 0.72 L  | 7:15 PM    | 4.13 H |
| 25             | Mon | 1:44 AM  | 0.53 L  | 7:47 AM  | 3.40 H  | 1:35 PM  | 0.71 L  | 8:02 PM    | 4.20 H |
| 26             | Tue | 2:30 AM  | 0.42 L  | 8:35 AM  | 3.51 H  | 2:21 PM  | 0.67 L  | 8:44 PM    | 4.27 H |
| 27             | Wed | 3:14 AM  | 0.33 L  | 9:18 AM  | 3.60 H  | 3:05 PM  | 0.62 L  | 9:22 PM    | 4.32 H |
| 28             | Thu | 3:56 AM  | 0.25 L  | 9:58 AM  | 3.66 H  | 3:48 PM  | 0.56 L  | 9:58 PM    | 4.34 H |
| 29             | Fri | 4:35 AM  | 0.19 L  | 10:38 AM | 3.69 H  | 4:28 PM  | 0.53 L  | 10:32 PM   | 4.31 H |
| 30             | Sat | 5:12 AM  | 0.17 L  | 11:16 AM | 3.70 H  | 5:06 PM  | 0.53 L  | 11:03 PM   | 4.25 H |
| 31             | Sun | 5:47 AM  | 0.19 L  | 11:53 AM | 3.71 H  | 5:43 PM  | 0.56 L  | 11:35 PM   | 4.17 H |



When you walk down to the river edge and see the blue floats crashing against the pier and the small pieces and pellets on the shoreline, those are the remnants of EPS foam docks. Why does this happen? Simple wear and tear from wave action, and degradation from exposure to sun and elements. Also, both aquatic and land creatures like muskrats and crustaceans chew the material or burrow in to make nests. Seabirds scoop it up and fish eat it. It makes its way up through the food chain from crustaceans and fish to waterfowl and humans. When ingested by birds and other marine life, polystyrene fragments can block the digestive system, killing the animals through starvation, or block the airways and choke them, as well as poisoning them.

These solutions are not new. A number of federal agencies require that foam docks be encapsulated, notably the US Army Corps of Engineers (since 1992), the Bureau of Reclamation, the US Forest Service, and the National Park Service. Several large utilities that control vast waterways do as well, e.g., the Tennessee Valley Authority. elimination 2014). Additionally, NOAA’s voluntary Clean Marina Initiative (2008) requires that foam docks be encapsulated. A number of communities around the country, with the State of Oregon leading the way in 1992, have adopted similar regulations, e.g., Miami-Dade, San Francisco, and Camden, ME, all in response to a growing grass roots movement to protect our waterways. Closer to home, the Connecticut River Conservancy (CRC) and Save the River (the St. Lawrence Riverkeeper organization) have been actively promoting Extruded polystyrene foam this issue.

(“EPS”) was developed in the 1940’s and eventually marketed by Dow Chemical as Styrofoam. Styrofoam’ uses include insulation, single-use food and drink

containers (now banned in New York State) and Reed and Ella Thomas with hands full of shoreline Styrofoam. Do bans create an undue burden for dock owners? Hardly. The CRC has published a cost comparison table showing that using encapsulated foam costs less in the long run, with the added benefit of cleaner, healthier waterways. floating docks. Although polystyrene foam breaks apart, it does not biodegrade, and it is not accepted by our county recycling facility.

As it happens, there is a simple and relatively inexpensive solution to this problem. Styrofoam used in docks can be “encapsulated in a hard plastic shell which prevents it from breaking apart in the water. It is also possible to use non-foam-based flotation devices.

In short, whether required by law or voluntarily done by dock owners, converting docks to encapsulated foam is a win-win!

- Thomas Hughes

From the *Piermont Newsletter*

To learn more, watch the Connecticut River Conservancy’s video on YouTube:  
youtube.com/watch?v=YXwyhMyE7gs

More resources are available on CRC’s website:  
ctriver.org/swap-your-dock  
Associate Real Estate Broker  
(845) 494-5015 Cell  
noemi@noemimorales.com  
Licensed in NY & NJ

***Wishing you a Great Summer!***



| Peekskill |     |          |         |          |         |          |         |            |         |
|-----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1         | Fri | 12:30 AM | 3:22 H  | 7:55 AM  | 0:18 L  | 1:25 PM  | 2:66 H  | 7:43 PM    | 0:52 L  |
| 2         | Sat | 1:05 AM  | 3:15 H  | 8:32 AM  | 0:23 L  | 2:08 PM  | 2:63 H  | 8:18 PM    | 0:57 L  |
| 3         | Sun | 1:41 AM  | 3:08 H  | 9:08 AM  | 0:30 L  | 2:49 PM  | 2:63 H  | 8:54 PM    | 0:64 L  |
| 4         | Mon | 2:19 AM  | 3:01 H  | 9:43 AM  | 0:36 L  | 3:28 PM  | 2:68 H  | 9:34 PM    | 0:71 L  |
| 5         | Tue | 3:01 AM  | 2:94 H  | 10:20 AM | 0:41 L  | 4:06 PM  | 2:76 H  | 10:28 PM   | 0:76 L  |
| 6         | Wed | 3:47 AM  | 2:88 H  | 11:05 AM | 0:44 L  | 4:46 PM  | 2:89 H  | 11:41 PM   | 0:76 L  |
| 7         | Thu | 4:36 AM  | 2:81 H  | 12:01 PM | 0:43 L  | 5:31 PM  | 3:05 H  | No PM Low  |         |
| 8         | Fri | 12:54 AM | 0:66 L  | 5:32 AM  | 2:74 H  | 1:00 PM  | 0:37 L  | 6:23 PM    | 3:22 H  |
| 9         | Sat | 1:57 AM  | 0:48 L  | 6:36 AM  | 2:70 H  | 1:58 PM  | 0:29 L  | 7:22 PM    | 3:39 H  |
| 10        | Sun | 2:56 AM  | 0:27 L  | 7:47 AM  | 2:72 H  | 2:54 PM  | 0:18 L  | 8:24 PM    | 3:58 H  |
| 11        | Mon | 3:52 AM  | 0:06 L  | 8:56 AM  | 2:81 H  | 3:51 PM  | 0:08 L  | 9:23 PM    | 3:76 H  |
| 12        | Tue | 4:48 AM  | -0:13 L | 09:58 AM | 2:94 H  | 4:49 PM  | -0:03 L | 10:20 PM   | 3:89 H  |
| 13        | Wed | 5:43 AM  | -0:29 L | 10:55 AM | 3:06 H  | 5:46 PM  | -0:12 L | 11:14 PM   | 3:95 H  |
| 14        | Thu | 6:36 AM  | -0:41 L | 11:51 AM | 3:15 H  | 6:41 PM  | -0:16 L | No PM High |         |
| 15        | Fri | 12:09 AM | 3:92 H  | 7:26 AM  | -0:45 L | 12:49 PM | 3:20 H  | 7:35 PM    | -0:14 L |
| 16        | Sat | 1:06 AM  | 3:82 H  | 8:15 AM  | -0:42 L | 1:47 PM  | 3:23 H  | 8:27 PM    | -0:04 L |
| 17        | Sun | 2:03 AM  | 3:66 H  | 9:04 AM  | -0:32 L | 2:45 PM  | 3:24 H  | 9:22 PM    | 0:13 L  |
| 18        | Mon | 2:59 AM  | 3:46 H  | 9:54 AM  | -0:15 L | 3:40 PM  | 3:24 H  | 10:20 PM   | 0:33 L  |
| 19        | Tue | 3:53 AM  | 3:24 H  | 10:46 AM | 0:03 L  | 4:32 PM  | 3:21 H  | 11:23 PM   | 0:49 L  |
| 20        | Wed | 4:45 AM  | 3:02 H  | 11:41 AM | 0:21 L  | 5:23 PM  | 3:18 H  | No PM Low  |         |
| 21        | Thu | 12:27 AM | 0:57 L  | 5:37 AM  | 2:80 H  | 12:35 PM | 0:36 L  | 6:14 PM    | 3:13 H  |
| 22        | Fri | 1:27 AM  | 0:58 L  | 6:33 AM  | 2:63 H  | 1:27 PM  | 0:46 L  | 7:06 PM    | 3:11 H  |
| 23        | Sat | 2:22 AM  | 0:54 L  | 7:32 AM  | 2:54 H  | 2:17 PM  | 0:52 L  | 8:00 PM    | 3:11 H  |
| 24        | Sun | 3:12 AM  | 0:48 L  | 8:30 AM  | 2:54 H  | 3:04 PM  | 0:55 L  | 8:51 PM    | 3:15 H  |
| 25        | Mon | 3:59 AM  | 0:40 L  | 9:23 AM  | 2:59 H  | 3:50 PM  | 0:54 L  | 9:38 PM    | 3:20 H  |
| 26        | Tue | 4:45 AM  | 0:32 L  | 10:11 AM | 2:67 H  | 4:36 PM  | 0:51 L  | 10:20 PM   | 3:25 H  |
| 27        | Wed | 5:29 AM  | 0:25 L  | 10:54 AM | 2:74 H  | 5:20 PM  | 0:47 L  | 10:58 PM   | 3:29 H  |
| 28        | Thu | 6:11 AM  | 0:19 L  | 11:34 AM | 2:79 H  | 6:03 PM  | 0:43 L  | 11:34 PM   | 3:30 H  |
| 29        | Fri | 6:50 AM  | 0:14 L  | 12:14 PM | 2:81 H  | 6:43 PM  | 0:40 L  | No PM High |         |
| 30        | Sat | 12:08 AM | 3:29 H  | 7:27 AM  | 0:13 L  | 12:52 PM | 2:82 H  | 7:21 PM    | 0:40 L  |

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| Poughkeepsie |     |          |         |          |         |          |         |            |         |
|--------------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1            | Fri | 2:36 AM  | 3:42 H  | 9:38 AM  | 0:19 L  | 3:31 PM  | 2:83 H  | 9:26 PM    | 0:55 L  |
| 2            | Sat | 3:11 AM  | 3:35 H  | 10:15 AM | 0:25 L  | 4:14 PM  | 2:80 H  | 10:01 PM   | 0:61 L  |
| 3            | Sun | 3:47 AM  | 3:27 H  | 10:51 AM | 0:32 L  | 4:55 PM  | 2:80 H  | 10:37 PM   | 0:68 L  |
| 4            | Mon | 4:25 AM  | 3:19 H  | 11:26 AM | 0:39 L  | 5:34 PM  | 2:84 H  | 11:17 PM   | 0:75 L  |
| 5            | Tue | 5:07 AM  | 3:13 H  | 12:03 PM | 0:44 L  | 6:12 PM  | 2:94 H  | No PM Low  |         |
| 6            | Wed | 12:11 AM | 0:81 L  | 5:53 AM  | 3:06 H  | 12:48 PM | 0:46 L  | 6:52 PM    | 3:07 H  |
| 7            | Thu | 1:24 AM  | 0:81 L  | 6:42 AM  | 2:98 H  | 1:44 PM  | 0:45 L  | 7:37 PM    | 3:24 H  |
| 8            | Fri | 2:37 AM  | 0:70 L  | 7:38 AM  | 2:91 H  | 2:43 PM  | 0:40 L  | 8:29 PM    | 3:42 H  |
| 9            | Sat | 3:40 AM  | 0:51 L  | 8:42 AM  | 2:87 H  | 3:41 PM  | 0:31 L  | 9:28 PM    | 3:61 H  |
| 10           | Sun | 4:39 AM  | 0:29 L  | 9:53 AM  | 2:89 H  | 4:37 PM  | 0:20 L  | 10:30 PM   | 3:81 H  |
| 11           | Mon | 5:35 AM  | 0:07 L  | 11:02 AM | 2:99 H  | 5:34 PM  | 0:08 L  | 11:29 PM   | 3:99 H  |
| 12           | Tue | 6:31 AM  | -0:14 L | 12:04 PM | 3:13 H  | 6:32 PM  | -0:03 L | No PM High |         |
| 13           | Wed | 12:26 AM | 4:13 H  | 7:26 AM  | -0:31 L | 1:01 PM  | 3:26 H  | 7:29 PM    | -0:12 L |
| 14           | Thu | 1:20 AM  | 4:20 H  | 8:19 AM  | -0:43 L | 1:57 PM  | 3:35 H  | 8:24 PM    | -0:17 L |
| 15           | Fri | 2:15 AM  | 4:17 H  | 9:09 AM  | -0:48 L | 2:55 PM  | 3:40 H  | 9:18 PM    | -0:15 L |
| 16           | Sat | 3:12 AM  | 4:06 H  | 9:58 AM  | -0:45 L | 3:53 PM  | 3:43 H  | 10:10 PM   | -0:04 L |
| 17           | Sun | 4:09 AM  | 3:89 H  | 10:47 AM | -0:34 L | 4:51 PM  | 3:44 H  | 11:05 PM   | 0:14 L  |
| 18           | Mon | 5:05 AM  | 3:68 H  | 11:37 AM | -0:16 L | 5:46 PM  | 3:44 H  | No PM Low  |         |
| 19           | Tue | 12:03 AM | 0:34 L  | 5:59 AM  | 3:45 H  | 12:29 PM | 0:04 L  | 6:38 PM    | 3:42 H  |
| 20           | Wed | 1:06 AM  | 0:52 L  | 6:51 AM  | 3:20 H  | 1:24 PM  | 0:23 L  | 7:29 PM    | 3:38 H  |
| 21           | Thu | 2:10 AM  | 0:61 L  | 7:43 AM  | 2:98 H  | 2:18 PM  | 0:38 L  | 8:20 PM    | 3:33 H  |
| 22           | Fri | 3:10 AM  | 0:62 L  | 8:39 AM  | 2:80 H  | 3:10 PM  | 0:49 L  | 9:12 PM    | 3:30 H  |
| 23           | Sat | 4:05 AM  | 0:57 L  | 9:38 AM  | 2:70 H  | 4:00 PM  | 0:55 L  | 10:06 PM   | 3:30 H  |
| 24           | Sun | 4:55 AM  | 0:51 L  | 10:36 AM | 2:70 H  | 4:47 PM  | 0:58 L  | 10:57 PM   | 3:34 H  |
| 25           | Mon | 5:42 AM  | 0:43 L  | 11:29 AM | 2:76 H  | 5:33 PM  | 0:58 L  | 11:44 PM   | 3:40 H  |
| 26           | Tue | 6:28 AM  | 0:34 L  | 12:17 PM | 2:84 H  | 6:19 PM  | 0:55 L  | No PM High |         |
| 27           | Wed | 12:26 AM | 3:46 H  | 7:12 AM  | 0:27 L  | 1:00 PM  | 2:91 H  | 7:03 PM    | 0:50 L  |
| 28           | Thu | 1:04 AM  | 3:50 H  | 7:54 AM  | 0:20 L  | 1:40 PM  | 2:96 H  | 7:46 PM    | 0:45 L  |
| 29           | Fri | 1:40 AM  | 3:51 H  | 8:33 AM  | 0:15 L  | 2:20 PM  | 2:98 H  | 8:26 PM    | 0:43 L  |
| 30           | Sat | 2:14 AM  | 3:49 H  | 9:10 AM  | 0:14 L  | 2:58 PM  | 2:99 H  | 9:04 PM    | 0:43 L  |
| 31           | Sun | 2:45 AM  | 3:44 H  | 9:45 AM  | 0:15 L  | 3:35 PM  | 3:01 H  | 9:41 PM    | 0:46 L  |

July  
TIDES

| Newburgh |     |          |         |          |         |          |         |            |         |
|----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1        | Fri | 1:48 AM  | 3:12 H  | 8:55 AM  | 0:18 L  | 2:43 PM  | 2:58 H  | 8:43 PM    | 0:52 L  |
| 2        | Sat | 2:23 AM  | 3:05 H  | 9:32 AM  | 0:23 L  | 3:26 PM  | 2:55 H  | 9:18 PM    | 0:57 L  |
| 3        | Sun | 2:59 AM  | 2:98 H  | 10:08 AM | 0:30 L  | 4:07 PM  | 2:55 H  | 9:54 PM    | 0:64 L  |
| 4        | Mon | 3:37 AM  | 2:91 H  | 10:43 AM | 0:36 L  | 4:46 PM  | 2:59 H  | 10:34 PM   | 0:71 L  |
| 5        | Tue | 4:19 AM  | 2:85 H  | 11:20 AM | 0:41 L  | 5:24 PM  | 2:68 H  | 11:28 PM   | 0:76 L  |
| 6        | Wed | 5:05 AM  | 2:79 H  | 12:05 PM | 0:44 L  | 6:04 PM  | 2:80 H  | No PM Low  |         |
| 7        | Thu | 12:41 AM | 0:76 L  | 5:54 AM  | 2:72 H  | 1:01 PM  | 0:43 L  | 6:49 PM    | 2:95 H  |
| 8        | Fri | 1:54 AM  | 0:66 L  | 6:50 AM  | 2:66 H  | 2:00 PM  | 0:37 L  | 7:41 PM    | 3:12 H  |
| 9        | Sat | 2:57 AM  | 0:48 L  | 7:54 AM  | 2:62 H  | 2:58 PM  | 0:29 L  | 8:40 PM    | 3:29 H  |
| 10       | Sun | 3:56 AM  | 0:27 L  | 9:05 AM  | 2:63 H  | 3:54 PM  | 0:18 L  | 9:42 PM    | 3:47 H  |
| 11       | Mon | 4:52 AM  | 0:06 L  | 10:14 AM | 2:72 H  | 4:51 PM  | 0:08 L  | 10:41 PM   | 3:64 H  |
| 12       | Tue | 5:48 AM  | -0:13 L | 11:16 AM | 2:85 H  | 5:49 PM  | -0:03 L | 11:38 PM   | 3:77 H  |
| 13       | Wed | 6:43 AM  | -0:29 L | 12:13 PM | 2:97 H  | 6:46 PM  | -0:12 L | No PM High |         |
| 14       | Thu | 12:32 AM | 3:83 H  | 7:36 AM  | -0:41 L | 1:09 PM  | 3:05 H  | 7:41 PM    | -0:16 L |
| 15       | Fri | 1:27 AM  | 3:80 H  | 8:26 AM  | -0:45 L | 2:07 PM  | 3:10 H  | 8:35 PM    | -0:14 L |
| 16       | Sat | 2:24 AM  | 3:70 H  | 9:15 AM  | -0:42 L | 3:05 PM  | 3:13 H  | 9:27 PM    | -0:04 L |
| 17       | Sun | 3:21 AM  | 3:55 H  | 10:04 AM | -0:32 L | 4:03 PM  | 3:14 H  | 10:22 PM   | 0:13 L  |
| 18       | Mon | 4:17 AM  | 3:36 H  | 10:54 AM | -0:15 L | 4:58 PM  | 3:13 H  | 11:20 PM   | 0:33 L  |
| 19       | Tue | 5:11 AM  | 3:14 H  | 11:46 AM | 0:03 L  | 5:50 PM  | 3:12 H  | No PM Low  |         |
| 20       | Wed | 12:23 AM | 0:49 L  | 6:03 AM  | 2:92 H  | 12:41 PM | 0:21 L  | 6:41 PM    | 3:08 H  |
| 21       | Thu | 1:27 AM  | 0:57 L  | 6:55 AM  | 2:71 H  | 1:35 PM  | 0:36 L  | 7:32 PM    | 3:04 H  |
| 22       | Fri | 2:27 AM  | 0:58 L  | 7:51 AM  | 2:55 H  | 2:27 PM  | 0:46 L  | 8:24 PM    | 3:01 H  |
| 23       | Sat | 3:22 AM  | 0:54 L  | 8:50 AM  | 2:46 H  | 3:17 PM  | 0:52 L  | 9:18 PM    | 3:01 H  |
| 24       | Sun | 4:12 AM  | 0:48 L  | 9:48 AM  | 2:46 H  | 4:04 PM  | 0:55 L  | 10:09 PM   | 3:05 H  |
| 25       | Mon | 4:59 AM  | 0:40 L  | 10:41 AM | 2:51 H  | 4:50 PM  | 0:54 L  | 10:56 PM   | 3:10 H  |
| 26       | Tue | 5:45 AM  | 0:32 L  | 11:29 AM | 2:59 H  | 5:36 PM  | 0:51 L  | 11:38 PM   | 3:15 H  |
| 27       | Wed | 6:29 AM  | 0:25 L  | 12:12 PM | 2:66 H  | 6:20 PM  | 0:47 L  | No PM High |         |
| 28       | Thu | 12:16 AM | 3:19 H  | 7:11 AM  | 0:19 L  | 12:52 PM | 2:70 H  | 7:03 PM    | 0:43 L  |
| 29       | Fri | 12:52 AM | 3:20 H  | 7:50 AM  | 0:14 L  | 1:32 PM  | 2:72 H  | 7:43 PM    | 0:40 L  |
| 30       | Sat | 1:26 AM  | 3:18 H  | 8:27 AM  | 0:13 L  | 2:10 PM  | 2:73 H  | 8:21 PM    | 0:40 L  |
| 31       | Sun | 1:57 AM  | 3:14 H  | 9:02 AM  | 0:15 L  | 2:47 PM  | 2:74 H  | 8:58 PM    | 0:43 L  |



| Kingston |     |          |        |          |         |          |        |            |         |
|----------|-----|----------|--------|----------|---------|----------|--------|------------|---------|
| 1        | Fri | 3:22 AM  | 4:08 H | 10:26 AM | 0:23 L  | 4:17 PM  | 3:37 H | 10:14 PM   | 0:66 L  |
| 2        | Sat | 3:57 AM  | 3:99 H | 11:03 AM | 0:30 L  | 5:00 PM  | 3:33 H | 10:49 PM   | 0:74 L  |
| 3        | Sun | 4:33 AM  | 3:89 H | 11:39 AM | 0:39 L  | 5:41 PM  | 3:33 H | 11:25 PM   | 0:82 L  |
| 4        | Mon | 5:11 AM  | 3:81 H | 12:14 PM | 0:47 L  | 6:20 PM  | 3:39 H | No PM Low  |         |
| 5        | Tue | 12:05 AM | 0:91 L | 5:53 AM  | 3:72 H  | 12:51 PM | 0:53 L | 6:58 PM    | 3:50 H  |
| 6        | Wed | 12:59 AM | 0:98 L | 6:39 AM  | 3:64 H  | 1:36 PM  | 0:56 L | 7:38 PM    | 3:66 H  |
| 7        | Thu | 2:12 AM  | 0:97 L | 7:28 AM  | 3:55 H  | 2:32 PM  | 0:55 L | 8:23 PM    | 3:86 H  |
| 8        | Fri | 3:25 AM  | 0:85 L | 8:24 AM  | 3:47 H  | 3:31 PM  | 0:48 L | 9:15 PM    | 4:07 H  |
| 9        | Sat | 4:28 AM  | 0:62 L | 9:28 AM  | 3:42 H  | 4:29 PM  | 0:37 L | 10:14 PM   | 4:29 H  |
| 10       | Sun | 5:27 AM  | 0:35 L | 10:39 AM | 3:44 H  | 5:25 PM  | 0:24 L | 11:16 PM   | 4:53 H  |
| 11       | Mon | 6:23 AM  | 0:08 L | 11:48 AM | 3:56 H  | 6:22 PM  | 0:10 L | No PM High |         |
| 12       | Tue | 12:15 AM | 4:76 H | 7:19 AM  | -0:17 L | 12:50 PM | 3:72 H | 7:20 PM    | -0:03 L |
| 13       | Wed | 1:12 AM  | 4:92 H | 8:14 AM  | -0:38 L | 1:47 PM  | 3:88 H | 8:17 PM    | -0:15 L |
| 14       | Thu | 2:06 AM  | 5:00 H | 9:07 AM  | -0:52 L | 2:43 PM  | 3:99 H | 9:12 PM    | -0:21 L |
| 15       | Fri | 3:01 AM  | 4:96 H | 9:57 AM  | -0:58 L | 3:41 PM  | 4:05 H | 10:06 PM   | -0:18 L |
| 16       | Sat | 3:58 AM  | 4:83 H | 10:46 AM | -0:54 L | 4:39 PM  | 4:08 H | 10:58 PM   | -0:05 L |
| 17       | Sun | 4:55 AM  | 4:63 H | 11:35 AM | -0:40 L | 5:37 PM  | 4:10 H | 11:53 PM   | 0:17 L  |
| 18       | Mon | 5:51 AM  | 4:38 H | 12:25 PM | -0:20 L | 6:32 PM  | 4:10 H | No PM Low  |         |
| 19       | Tue | 12:51 AM | 0:42 L | 6:45 AM  | 4:11 H  | 1:17 PM  | 0:04 L | 7:24 PM    | 4:07 H  |
| 20       | Wed | 1:54 AM  | 0:63 L | 7:37 AM  | 3:82 H  | 2:12 PM  | 0:27 L | 8:15 PM    | 4:02 H  |
| 21       | Thu | 2:58 AM  | 0:74 L | 8:29 AM  | 3:54 H  | 3:06 PM  | 0:46 L | 9:06 PM    | 3:97 H  |
| 22       | Fri | 3:58 AM  | 0:75 L | 9:25 AM  | 3:33 H  | 3:58 PM  | 0:59 L | 9:58 PM    | 3:93 H  |
| 23       | Sat | 4:53 AM  | 0:69 L | 10:24 AM | 3:22 H  | 4:48 PM  | 0:67 L | 10:52 PM   | 3:93 H  |
| 24       | Sun | 5:43 AM  | 0:61 L | 11:22 AM | 3:21 H  | 5:35 PM  | 0:70 L | 11:43 PM   | 3:98 H  |
| 25       | Mon | 6:30 AM  | 0:51 L | 12:15 PM | 3:28 H  | 6:21 PM  | 0:70 L | No PM High |         |
| 26       | Tue | 12:30 AM | 4:05 H | 7:16 AM  | 0:41 L  | 1:03 PM  | 3:38 H | 7:07 PM    | 0:66 L  |
| 27       | Wed | 1:12 AM  | 4:12 H | 8:00 AM  | 0:32 L  | 1:46 PM  | 3:47 H | 7:51 PM    | 0:60 L  |
| 28       | Thu | 1:50 AM  | 4:17 H | 8:42 AM  | 0:24 L  | 2:26 PM  | 3:53 H | 8:34 PM    | 0:55 L  |
| 29       | Fri | 2:26 AM  | 4:18 H | 9:21 AM  | 0:19 L  | 3:06 PM  | 3:56 H | 9:14 PM    | 0:52 L  |
| 30       | Sat | 3:00 AM  | 4:16 H | 9:58 AM  | 0:17 L  | 3:44 PM  | 3:56 H | 9:52 PM    | 0:52 L  |



| Hudson |     |          |         |          |         |         |         |            |        |
|--------|-----|----------|---------|----------|---------|---------|---------|------------|--------|
| 1      | Fri | 5:00 AM  | 4.43 H  | 12:04 PM | 0.24 L  | 5:55 PM | 3.66 H  | 11:52 PM   | 0.70 L |
| 2      | Sat | 5:35 AM  | 4.33 H  | 12:41 PM | 0.32 L  | 6:38 PM | 3.62 H  | No PM Low  |        |
| 3      | Sun | 12:27 AM | 0.77 L  | 6:11 AM  | 4.23 H  | 1:17 PM | 0.41 L  | 7:19 PM    | 3.62 L |
| 4      | Mon | 1:03 AM  | 0.86 L  | 6:49 AM  | 4.13 H  | 1:52 PM | 0.49 L  | 7:58 PM    | 3.68 L |
| 5      | Tue | 1:43 AM  | 0.95 L  | 7:31 AM  | 4.04 H  | 2:29 PM | 0.56 L  | 8:36 PM    | 3.80 L |
| 6      | Wed | 2:37 AM  | 1.02 L  | 8:17 AM  | 3.95 H  | 3:14 PM | 0.59 L  | 9:16 PM    | 3.98 L |
| 7      | Thu | 3:50 AM  | 1.02 L  | 9:06 AM  | 3.86 H  | 4:10 PM | 0.57 L  | 10:01 PM   | 4.19 L |
| 8      | Fri | 5:03 AM  | 0.89 L  | 10:02 AM | 3.77 H  | 5:09 PM | 0.50 L  | 10:53 PM   | 4.42 L |
| 9      | Sat | 6:06 AM  | 0.65 L  | 11:06 AM | 3.71 H  | 6:07 PM | 0.39 L  | 11:52 PM   | 4.67 L |
| 10     | Sun | 7:05 AM  | 0.37 L  | 12:17 PM | 3.74 H  | 7:03 PM | 0.25 L  | No PM High |        |
| 11     | Mon | 12:54 AM | 4.92 H  | 8:01 AM  | 0.08 L  | 1:26 PM | 3.87 H  | 8:00 PM    | 0.10 L |
| 12     | Tue | 1:53 AM  | 5.17 H  | 8:57 AM  | -0.18 L | 2:28 PM | 4.05 H  | 8:58 PM    | -0.04  |
| 13     | Wed | 2:50 AM  | 5.35 H  | 9:52 AM  | -0.40 L | 3:25 PM | 4.21 H  | 9:55 PM    | -0.15  |
| 14     | Thu | 3:44 AM  | 5.43 H  | 10:45 AM | -0.55 L | 4:21 PM | 4.33 H  | 10:50 PM   | -0.22  |
| 15     | Fri | 4:39 AM  | 5.39 H  | 11:35 AM | -0.61 L | 5:19 PM | 4.40 H  | 11:44 PM   | -0.19  |
| 16     | Sat | 5:36 AM  | 5.25 H  | 12:24 PM | -0.57 L | 6:17 PM | 4.44 H  | No PM Low  |        |
| 17     | Sun | 12:36 AM | -0.05 L | 06:33 AM | 5.03 H  | 1:13 PM | -0.42 L | 7:15 PM    | 4.45 L |
| 18     | Mon | 1:31 AM  | 0.17 L  | 7:29 AM  | 4.76 H  | 2:03 PM | -0.21 L | 8:10 PM    | 4.45 L |
| 19     | Tue | 2:29 AM  | 0.44 L  | 8:23 AM  | 4.46 H  | 2:55 PM | 0.05 L  | 9:02 PM    | 4.42 L |
| 20     | Wed | 3:32 AM  | 0.66 L  | 9:15 AM  | 4.15 H  | 3:50 PM | 0.29 L  | 9:53 PM    | 4.37 L |
| 21     | Thu | 4:36 AM  | 0.77 L  | 10:07 AM | 3.85 H  | 4:44 PM | 0.48 L  | 10:44 PM   | 4.31 L |
| 22     | Fri | 5:36 AM  | 0.78 L  | 11:03 AM | 3.62 H  | 5:36 PM | 0.62 L  | 11:36 PM   | 4.27 L |
| 23     | Sat | 6:31 AM  | 0.73 L  | 12:02 PM | 3.50 H  | 6:26 PM | 0.70 L  | No PM High |        |
| 24     | Sun | 12:30 AM | 4.27 H  | 7:21 AM  | 0.64 L  | 1:00 PM | 3.49 H  | 7:13 PM    | 0.74 L |
| 25     | Mon | 1:21 AM  | 4.32 H  | 8:08 AM  | 0.54 L  | 1:53 PM | 3.57 H  | 7:59 PM    | 0.73 L |
| 26     | Tue | 2:08 AM  | 4.40 H  | 8:54 AM  | 0.43 L  | 2:41 PM | 3.67 H  | 8:45 PM    | 0.69 L |
| 27     | Wed | 2:50 AM  | 4.48 H  | 9:38 AM  | 0.34 L  | 3:24 PM | 3.77 H  | 9:29 PM    | 0.63 L |
| 28     | Thu | 3:28 AM  | 4.53 H  | 10:20 AM | 0.25 L  | 4:04 PM | 3.83 H  | 10:12 PM   | 0.57 L |
| 29     | Fri | 4:04 AM  | 4.54 H  | 10:59 AM | 0.20 L  | 4:44 PM | 3.86 H  | 10:52 PM   | 0.54 L |
| 30     | Sat | 4:38 AM  | 4.52 H  | 11:36 AM | 0.18 L  | 5:22 PM | 3.87 H  | 11:30 PM   | 0.54 L |
| 31     | Sun | 5:09 AM  | 4.46 H  | 12:11 PM | 0.20 L  | 5:59 PM | 3.89 H  | No PM Low  |        |

July  
TIDES

Your local on-water  
assistance experts.

seatow.com

800-4-SEATOW

| Albany |     |          |         |          |         |          |         |            |        |
|--------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1      | Fri | 12:44 AM | 0.69 L  | 6:03 AM  | 5.55 H  | 1:53 PM  | 0.07 L  | 7:15 PM    | 4.46 H |
| 2      | Sat | 1:20 AM  | 0.72 L  | 6:24 AM  | 5.50 H  | 2:30 PM  | 0.13 L  | 7:56 PM    | 4.47 H |
| 3      | Sun | 1:59 AM  | 0.74 L  | 6:58 AM  | 5.46 H  | 3:06 PM  | 0.17 L  | 8:34 PM    | 4.54 H |
| 4      | Mon | 2:41 AM  | 0.77 L  | 7:40 AM  | 5.37 H  | 3:43 PM  | 0.20 L  | 9:11 PM    | 4.67 H |
| 5      | Tue | 3:31 AM  | 0.84 L  | 8:28 AM  | 5.20 H  | 4:20 PM  | 0.23 L  | 9:49 PM    | 4.82 H |
| 6      | Wed | 4:29 AM  | 0.93 L  | 9:19 AM  | 4.96 H  | 5:02 PM  | 0.28 L  | 10:34 PM   | 4.97 H |
| 7      | Thu | 5:40 AM  | 0.99 L  | 10:18 AM | 4.66 H  | 5:51 PM  | 0.34 L  | 11:27 PM   | 5.12 H |
| 8      | Fri | 6:54 AM  | 0.95 L  | 11:29 AM | 4.37 H  | 6:48 PM  | 0.40 L  | No PM High |        |
| 9      | Sat | 12:25 AM | 5.26 H  | 8:03 AM  | 0.78 L  | 12:54 PM | 4.18 H  | 7:51 PM    | 0.43 L |
| 10     | Sun | 1:25 AM  | 5.42 H  | 9:08 AM  | 0.51 L  | 2:05 PM  | 4.15 H  | 8:55 PM    | 0.39 L |
| 11     | Mon | 2:21 AM  | 5.58 H  | 10:07 AM | 0.19 L  | 3:05 PM  | 4.21 H  | 9:55 PM    | 0.29 L |
| 12     | Tue | 3:15 AM  | 5.71 H  | 11:02 AM | -0.10 L | 4:00 PM  | 4.30 H  | 10:53 PM   | 0.17 L |
| 13     | Wed | 4:07 AM  | 5.78 H  | 11:55 AM | -0.32 L | 4:54 PM  | 4.39 H  | 11:48 PM   | 0.04 L |
| 14     | Thu | 5:00 AM  | 5.76 H  | 12:45 PM | -0.47 L | 5:48 PM  | 4.47 H  | No PM Low  |        |
| 15     | Fri | 12:42 AM | -0.05 L | 05:54 AM | 5.66 H  | 1:34 PM  | -0.54 L | 6:43 PM    | 4.54 H |
| 16     | Sat | 1:35 AM  | -0.08 L | 06:51 AM | 5.51 H  | 2:23 PM  | -0.56 L | 7:40 PM    | 4.63 H |
| 17     | Sun | 2:28 AM  | -0.06 L | 07:50 AM | 5.34 H  | 3:11 PM  | -0.53 L | 8:38 PM    | 4.74 H |
| 18     | Mon | 3:23 AM  | 0.02 L  | 8:49 AM  | 5.16 H  | 3:59 PM  | -0.46 L | 9:34 PM    | 4.86 H |
| 19     | Tue | 4:19 AM  | 0.12 L  | 9:47 AM  | 4.96 H  | 4:47 PM  | -0.36 L | 10:28 PM   | 4.97 H |
| 20     | Wed | 5:17 AM  | 0.20 L  | 10:43 AM | 4.75 H  | 5:36 PM  | -0.24 L | 11:22 PM   | 5.06 H |
| 21     | Thu | 6:16 AM  | 0.25 L  | 11:40 AM | 4.55 H  | 6:25 PM  | -0.10 L | No PM High |        |
| 22     | Fri | 12:16 AM | 5.12 H  | 7:14 AM  | 0.22 L  | 12:36 PM | 4.39 H  | 7:14 PM    | 0.03 L |
| 23     | Sat | 1:08 AM  | 5.17 H  | 8:12 AM  | 0.11 L  | 1:32 PM  | 4.30 H  | 8:04 PM    | 0.13 L |
| 24     | Sun | 1:59 AM  | 5.23 H  | 9:06 AM  | -0.04 L | 2:26 PM  | 4.28 H  | 8:52 PM    | 0.20 L |
| 25     | Mon | 2:46 AM  | 5.28 H  | 9:56 AM  | -0.21 L | 3:16 PM  | 4.30 H  | 9:39 PM    | 0.22 L |
| 26     | Tue | 3:30 AM  | 5.31 H  | 10:43 AM | -0.34 L | 4:03 PM  | 4.33 H  | 10:24 PM   | 0.23 L |
| 27     | Wed | 4:10 AM  | 5.32 H  | 11:27 AM | -0.42 L | 4:47 PM  | 4.33 H  | 11:06 PM   | 0.22 L |
| 28     | Thu | 4:47 AM  | 5.29 H  | 12:08 PM | -0.44 L | 5:28 PM  | 4.32 H  | 11:47 PM   | 0.21 L |
| 29     | Fri | 5:19 AM  | 5.24 H  | 12:46 PM | -0.42 L | 6:08 PM  | 4.32 H  | No PM Low  |        |
| 30     | Sat | 12:27 AM | 0.20 L  | 5:46 AM  | 5.19 H  | 1:23 PM  | -0.38 L | 6:45 PM    | 4.34 H |
| 31     | Sun | 1:06 AM  | 0.21 L  | 6:09 AM  | 5.16 H  | 1:58 PM  | -0.34 L | 7:19 PM    | 4.43 H |

July  
TIDES

| Castleton |     |          |        |          |         |          |         |            |        |
|-----------|-----|----------|--------|----------|---------|----------|---------|------------|--------|
| 1         | Fri | 12:15 AM | 0.79 L | 5:46 AM  | 5.35 H  | 1:24 PM  | 0.17 L  | 6:58 PM    | 4.26 H |
| 2         | Sat | 12:51 AM | 0.82 L | 6:07 AM  | 5.31 H  | 2:01 PM  | 0.23 L  | 7:39 PM    | 4.27 H |
| 3         | Sun | 1:30 AM  | 0.83 L | 6:41 AM  | 5.26 H  | 2:37 PM  | 0.27 L  | 8:17 PM    | 4.34 H |
| 4         | Mon | 2:12 AM  | 0.87 L | 7:23 AM  | 5.17 H  | 3:14 PM  | 0.30 L  | 8:54 PM    | 4.47 H |
| 5         | Tue | 3:02 AM  | 0.94 L | 8:11 AM  | 5.01 H  | 3:51 PM  | 0.33 L  | 9:32 PM    | 4.62 H |
| 6         | Wed | 4:00 AM  | 1.03 L | 9:02 AM  | 4.76 H  | 4:33 PM  | 0.38 L  | 10:17 PM   | 4.78 H |
| 7         | Thu | 5:11 AM  | 1.09 L | 10:01 AM | 4.46 H  | 5:22 PM  | 0.44 L  | 11:10 PM   | 4.92 H |
| 8         | Fri | 6:25 AM  | 1.04 L | 11:12 AM | 4.17 H  | 6:19 PM  | 0.50 L  | No PM High |        |
| 9         | Sat | 12:08 AM | 5.07 H | 7:34 AM  | 0.88 L  | 12:37 PM | 3.98 H  | 7:22 PM    | 0.52 L |
| 10        | Sun | 1:08 AM  | 5.23 H | 8:39 AM  | 0.60 L  | 1:48 PM  | 3.95 H  | 8:26 PM    | 0.49 L |
| 11        | Mon | 2:04 AM  | 5.39 H | 9:38 AM  | 0.29 L  | 2:48 PM  | 4.01 H  | 9:26 PM    | 0.39 L |
| 12        | Tue | 2:58 AM  | 5.52 H | 10:33 AM | 0.00 L  | 3:43 PM  | 4.11 H  | 10:24 PM   | 0.27 L |
| 13        | Wed | 3:50 AM  | 5.58 H | 11:26 AM | -0.23 L | 4:37 PM  | 4.20 H  | 11:19 PM   | 0.14 L |
| 14        | Thu | 4:43 AM  | 5.56 H | 12:16 PM | -0.37 L | 5:31 PM  | 4.27 H  | No PM Low  |        |
| 15        | Fri | 12:13 AM | 0.05 L | 5:37 AM  | 5.46 H  | 1:05 PM  | -0.45 L | 6:26 PM    | 4.34 H |
| 16        | Sat | 1:06 AM  | 0.02 L | 6:34 AM  | 5.31 H  | 1:54 PM  | -0.46 L | 7:23 PM    | 4.43 H |
| 17        | Sun | 1:59 AM  | 0.04 L | 7:33 AM  | 5.14 H  | 2:42 PM  | -0.43 L | 8:21 PM    | 4.54 H |
| 18        | Mon | 2:54 AM  | 0.11 L | 8:32 AM  | 4.96 H  | 3:30 PM  | -0.36 L | 9:17 PM    | 4.67 H |
| 19        | Tue | 3:50 AM  | 0.21 L | 9:30 AM  | 4.77 H  | 4:18 PM  | -0.26 L | 10:11 PM   | 4.78 H |
| 20        | Wed | 4:48 AM  | 0.30 L | 10:26 AM | 4.56 H  | 5:07 PM  | -0.14 L | 11:05 PM   | 4.86 H |
| 21        | Thu | 5:47 AM  | 0.35 L | 11:23 AM | 4.35 H  | 5:56 PM  | -0.00 L | 11:59 PM   | 4.92 H |
| 22        | Fri | 6:45 AM  | 0.32 L | 12:19 PM | 4.19 H  | 6:45 PM  | 0.13 L  | No PM High |        |
| 23        | Sat | 12:51 AM | 4.97 H | 7:43 AM  | 0.21 L  | 1:15 PM  | 4.10 H  | 7:35 PM    | 0.23 L |
| 24        | Sun | 1:42 AM  | 5.03 H | 8:37 AM  | 0.05 L  | 2:09 PM  | 4.08 H  | 8:23 PM    | 0.29 L |
| 25        | Mon | 2:29 AM  | 5.08 H | 9:27 AM  | -0.11 L | 2:59 PM  | 4.10 H  | 9:10 PM    | 0.32 L |
| 26        | Tue | 3:13 AM  | 5.12 H | 10:14 AM | -0.25 L | 3:46 PM  | 4.13 H  | 9:55 PM    | 0.33 L |
| 27        | Wed | 3:53 AM  | 5.12 H | 10:58 AM | -0.32 L | 4:30 PM  | 4.13 H  | 10:37 PM   | 0.32 L |
| 28        | Thu | 4:30 AM  | 5.09 H | 11:39 AM | -0.34 L | 5:11 PM  | 4.12 H  | 11:18 PM   | 0.31 L |
| 29        | Fri | 5:02 AM  | 5.04 H | 12:17 PM | -0.32 L | 5:51 PM  | 4.12 H  | 11:58 PM   | 0.30 L |
| 30        | Sat | 5:29 AM  | 4.99 H | 12:54 PM | -0.28 L | 6:28 PM  | 4.15 H  | No PM Low  |        |
| 31        | Sun | 12:37 AM | 0.30 L | 5:52 AM  | 4.96 H  | 1:29 PM  | -0.24 L | 7:02 PM    | 4.23 H |

| Troy |     |          |         |          |         |          |         |            |        |
|------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1    | Fri | 12:54 AM | 0.69 L  | 6:11 AM  | 5.55 H  | 2:03 PM  | 0.07 L  | 7:23 PM    | 4.46 H |
| 2    | Sat | 1:30 AM  | 0.72 L  | 6:32 AM  | 5.50 H  | 2:40 PM  | 0.13 L  | 8:04 PM    | 4.47 H |
| 3    | Sun | 2:09 AM  | 0.74 L  | 7:06 AM  | 5.46 H  | 3:16 PM  | 0.17 L  | 8:42 PM    | 4.54 H |
| 4    | Mon | 2:51 AM  | 0.77 L  | 7:48 AM  | 5.37 H  | 3:53 PM  | 0.20 L  | 9:19 PM    | 4.67 H |
| 5    | Tue | 3:41 AM  | 0.84 L  | 8:36 AM  | 5.20 H  | 4:30 PM  | 0.23 L  | 9:57 PM    | 4.82 H |
| 6    | Wed | 4:39 AM  | 0.93 L  | 9:27 AM  | 4.96 H  | 5:12 PM  | 0.28 L  | 10:42 PM   | 4.97 H |
| 7    | Thu | 5:50 AM  | 0.99 L  | 10:26 AM | 4.66 H  | 6:01 PM  | 0.34 L  | 11:35 PM   | 5.12 H |
| 8    | Fri | 7:04 AM  | 0.95 L  | 11:37 AM | 4.37 H  | 6:58 PM  | 0.40 L  | No PM High |        |
| 9    | Sat | 12:33 AM | 5.26 H  | 8:13 AM  | 0.78 L  | 1:02 PM  | 4.18 H  | 8:01 PM    | 0.43 L |
| 10   | Sun | 1:33 AM  | 5.42 H  | 9:18 AM  | 0.51 L  | 2:13 PM  | 4.15 H  | 9:05 PM    | 0.39 L |
| 11   | Mon | 2:29 AM  | 5.58 H  | 10:17 AM | 0.19 L  | 3:13 PM  | 4.21 H  | 10:05 PM   | 0.29 L |
| 12   | Tue | 3:23 AM  | 5.71 H  | 11:12 AM | -0.10 L | 4:08 PM  | 4.30 H  | 11:03 PM   | 0.17 L |
| 13   | Wed | 4:15 AM  | 5.78 H  | 12:05 PM | -0.32 L | 5:02 PM  | 4.39 H  | 11:58 PM   | 0.04 L |
| 14   | Thu | 5:08 AM  | 5.76 H  | 12:55 PM | -0.47 L | 5:56 PM  | 4.47 H  | No PM Low  |        |
| 15   | Fri | 12:52 AM | -0.05 L | 06:02 AM | 5.66 H  | 1:44 PM  | -0.54 L | 6:51 PM    | 4.54 H |
| 16   | Sat | 1:45 AM  | -0.08 L | 06:59 AM | 5.51 H  | 2:33 PM  | -0.56 L | 7:48 PM    | 4.63 H |
| 17   | Sun | 2:38 AM  | -0.06 L | 07:58 AM | 5.34 H  | 3:21 PM  | -0.53 L | 8:46 PM    | 4.74 H |
| 18   | Mon | 3:33 AM  | 0.02 L  | 8:57 AM  | 5.16 H  | 4:09 PM  | -0.46 L | 9:42 PM    | 4.86 H |
| 19   | Tue | 4:29 AM  | 0.12 L  | 9:55 AM  | 4.96 H  | 4:57 PM  | -0.36 L | 10:36 PM   | 4.97 H |
| 20   | Wed | 5:27 AM  | 0.20 L  | 10:51 AM | 4.75 H  | 5:46 PM  | -0.24 L | 11:30 PM   | 5.06 H |
| 21   | Thu | 6:26 AM  | 0.25 L  | 11:48 AM | 4.55 H  | 6:35 PM  | -0.10 L | No PM High |        |
| 22   | Fri | 12:24 AM | 5.12 H  | 7:24 AM  | 0.22 L  | 12:44 PM | 4.39 H  | 7:24 PM    | 0.03 L |
| 23   | Sat | 1:16 AM  | 5.17 H  | 8:22 AM  | 0.11 L  | 1:40 PM  | 4.30 H  | 8:14 PM    | 0.13 L |
| 24   | Sun | 2:07 AM  | 5.23 H  | 9:16 AM  | -0.04 L | 2:34 PM  | 4.28 H  | 9:02 PM    | 0.20 L |
| 25   | Mon | 2:54 AM  | 5.28 H  | 10:06 AM | -0.21 L | 3:24 PM  | 4.30 H  | 9:49 PM    | 0.22 L |
| 26   | Tue | 3:38 AM  | 5.31 H  | 10:53 AM | -0.34 L | 4:11 PM  | 4.33 H  | 10:34 PM   | 0.23 L |
| 27   | Wed | 4:18 AM  | 5.32 H  | 11:37 AM | -0.42 L | 4:55 PM  | 4.33 H  | 11:16 PM   | 0.22 L |
| 28   | Thu | 4:55 AM  | 5.29 H  | 12:18 PM | -0.44 L | 5:36 PM  | 4.32 H  | 11:57 PM   | 0.21 L |
| 29   | Fri | 5:27 AM  | 5.24 H  | 12:56 PM | -0.42 L | 6:16 PM  | 4.32 H  | No PM Low  |        |
| 30   | Sat | 12:37 AM | 0.20 L  | 5:54 AM  | 5.19 H  | 1:33 PM  | -0.38 L | 6:53 PM    | 4.34 H |
| 31   | Sun | 1:16 AM  | 0.21 L  | 6:17 AM  | 5.16 H  | 2:08 PM  | -0.34 L | 7:27 PM    | 4.43 H |



| The Battery |     |          |         |          |         |          |         |            |        |
|-------------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1           | Mon | 5:32 AM  | 0.29 L  | 11:38 AM | 4.47 H  | 5:32 PM  | 0.75 L  | 11:19 PM   | 4.83 H |
| 2           | Tue | 6:02 AM  | 0.37 L  | 12:15 PM | 4.57 H  | 6:11 PM  | 0.85 L  | No PM High |        |
| 3           | Wed | 12:01 AM | 4.68 H  | 6:34 AM  | 0.47 L  | 12:54 PM | 4.71 H  | 7:00 PM    | 0.96 L |
| 4           | Thu | 12:49 AM | 4.52 H  | 7:12 AM  | 0.58 L  | 1:38 PM  | 4.87 H  | 8:08 PM    | 1.03 L |
| 5           | Fri | 1:42 AM  | 4.36 H  | 8:07 AM  | 0.68 L  | 2:27 PM  | 5.02 H  | 9:25 PM    | 0.98 L |
| 6           | Sat | 2:41 AM  | 4.22 H  | 9:21 AM  | 0.72 L  | 3:24 PM  | 5.16 H  | 10:34 PM   | 0.77 L |
| 7           | Sun | 3:48 AM  | 4.14 H  | 10:32 AM | 0.63 L  | 4:29 PM  | 5.31 H  | 11:35 PM   | 0.48 L |
| 8           | Mon | 5:04 AM  | 4.19 H  | 11:35 AM | 0.45 L  | 5:39 PM  | 5.52 H  | No PM Low  |        |
| 9           | Tue | 12:33 AM | 0.17 L  | 6:18 AM  | 4.40 H  | 12:35 PM | 0.23 L  | 6:44 PM    | 5.77 H |
| 10          | Wed | 1:28 AM  | -0.14 L | 07:21 AM | 4.69 H  | 1:34 PM  | 0.00 L  | 7:42 PM    | 5.99 H |
| 11          | Thu | 2:22 AM  | -0.40 L | 08:16 AM | 4.97 H  | 2:30 PM  | -0.18 L | 8:36 PM    | 6.11 H |
| 12          | Fri | 3:13 AM  | -0.59 L | 09:09 AM | 5.19 H  | 3:24 PM  | -0.28 L | 9:27 PM    | 6.08 H |
| 13          | Sat | 4:01 AM  | -0.67 L | 10:01 AM | 5.31 H  | 4:15 PM  | -0.26 L | 10:18 PM   | 5.90 H |
| 14          | Sun | 4:47 AM  | -0.62 L | 10:54 AM | 5.34 H  | 5:06 PM  | -0.10 L | 11:10 PM   | 5.62 H |
| 15          | Mon | 5:32 AM  | -0.42 L | 11:47 AM | 5.31 H  | 5:56 PM  | 0.17 L  | No PM High |        |
| 16          | Tue | 12:03 AM | 5.26 H  | 6:17 AM  | -0.11 L | 12:38 PM | 5.23 H  | 6:49 PM    | 0.51 L |
| 17          | Wed | 12:55 AM | 4.88 H  | 7:03 AM  | 0.27 L  | 1:28 PM  | 5.10 H  | 7:47 PM    | 0.82 L |
| 18          | Thu | 1:46 AM  | 4.52 H  | 7:53 AM  | 0.66 L  | 2:16 PM  | 4.94 H  | 8:50 PM    | 1.04 L |
| 19          | Fri | 2:39 AM  | 4.20 H  | 8:49 AM  | 0.97 L  | 3:06 PM  | 4.79 H  | 9:52 PM    | 1.11 L |
| 20          | Sat | 3:34 AM  | 3.98 H  | 9:47 AM  | 1.16 L  | 3:58 PM  | 4.67 H  | 10:49 PM   | 1.07 L |
| 21          | Sun | 4:33 AM  | 3.87 H  | 10:42 AM | 1.22 L  | 4:56 PM  | 4.63 H  | 11:41 PM   | 0.96 L |
| 22          | Mon | 5:34 AM  | 3.91 H  | 11:33 AM | 1.17 L  | 5:53 PM  | 4.69 H  | No PM Low  |        |
| 23          | Tue | 12:28 AM | 0.82 L  | 6:30 AM  | 4.05 H  | 12:21 PM | 1.05 L  | 6:44 PM    | 4.83 H |
| 24          | Wed | 1:13 AM  | 0.66 L  | 7:17 AM  | 4.25 H  | 1:07 PM  | 0.90 L  | 7:28 PM    | 5.00 H |
| 25          | Thu | 1:56 AM  | 0.49 L  | 8:00 AM  | 4.43 H  | 1:52 PM  | 0.74 L  | 8:06 PM    | 5.14 H |
| 26          | Fri | 2:37 AM  | 0.34 L  | 8:38 AM  | 4.59 H  | 2:35 PM  | 0.59 L  | 8:40 PM    | 5.22 H |
| 27          | Sat | 3:15 AM  | 0.21 L  | 9:13 AM  | 4.71 H  | 3:16 PM  | 0.48 L  | 9:11 PM    | 5.23 H |
| 28          | Sun | 3:51 AM  | 0.14 L  | 9:47 AM  | 4.81 H  | 3:56 PM  | 0.43 L  | 9:42 PM    | 5.17 H |
| 29          | Mon | 4:25 AM  | 0.12 L  | 10:19 AM | 4.89 H  | 4:34 PM  | 0.42 L  | 10:14 PM   | 5.06 H |
| 30          | Tue | 4:57 AM  | 0.17 L  | 10:53 AM | 4.98 H  | 5:13 PM  | 0.48 L  | 10:51 PM   | 4.89 H |
| 31          | Wed | 5:28 AM  | 0.20 L  | 11:31 AM | 5.00 H  | 5:53 PM  | 0.59 L  | 11:36 PM   | 4.69 H |

August

TIDES

| Spuyten Duyvil |     |          |         |          |         |          |         |            |        |
|----------------|-----|----------|---------|----------|---------|----------|---------|------------|--------|
| 1              | Mon | 6:20 AM  | 0.24 L  | 12:30 PM | 3.76 H  | 6:20 PM  | 0.63 L  | No PM High |        |
| 2              | Tue | 12:11 AM | 4.06 H  | 6:50 AM  | 0.31 L  | 1:07 PM  | 3.84 H  | 6:59 PM    | 0.71 L |
| 3              | Wed | 12:53 AM | 3.93 H  | 7:22 AM  | 0.40 L  | 1:46 PM  | 3.96 H  | 7:48 PM    | 0.81 L |
| 4              | Thu | 1:41 AM  | 3.80 H  | 8:00 AM  | 0.48 L  | 2:30 PM  | 4.09 H  | 8:56 PM    | 0.87 L |
| 5              | Fri | 2:34 AM  | 3.66 H  | 8:55 AM  | 0.57 L  | 3:19 PM  | 4.22 H  | 10:13 PM   | 0.82 L |
| 6              | Sat | 3:33 AM  | 3.54 H  | 10:09 AM | 0.60 L  | 4:16 PM  | 4.34 H  | 11:22 PM   | 0.65 L |
| 7              | Sun | 4:40 AM  | 3.48 H  | 11:20 AM | 0.53 L  | 5:21 PM  | 4.46 H  | No PM Low  |        |
| 8              | Mon | 12:23 AM | 0.40 L  | 5:56 AM  | 3.52 H  | 12:23 PM | 0.38 L  | 6:31 PM    | 4.64 H |
| 9              | Tue | 1:21 AM  | 0.14 L  | 7:10 AM  | 3.69 H  | 1:23 PM  | 0.19 L  | 7:36 PM    | 4.85 H |
| 10             | Wed | 2:16 AM  | -0.12 L | 08:13 AM | 3.94 H  | 2:22 PM  | 0.00 L  | 8:34 PM    | 5.03 H |
| 11             | Thu | 3:10 AM  | -0.34 L | 09:08 AM | 4.18 H  | 3:18 PM  | -0.15 L | 9:28 PM    | 5.13 H |
| 12             | Fri | 4:01 AM  | -0.50 L | 10:01 AM | 4.36 H  | 4:12 PM  | -0.24 L | 10:19 PM   | 5.10 H |
| 13             | Sat | 4:49 AM  | -0.57 L | 10:53 AM | 4.46 H  | 5:03 PM  | -0.22 L | 11:10 PM   | 4.96 H |
| 14             | Sun | 5:35 AM  | -0.52 L | 11:46 AM | 4.49 H  | 5:54 PM  | -0.08 L | No PM High |        |
| 15             | Mon | 12:02 AM | 4.72 H  | 6:20 AM  | -0.36 L | 12:39 PM | 4.46 H  | 6:44 PM    | 0.15 L |
| 16             | Tue | 12:55 AM | 4.42 H  | 7:05 AM  | -0.09 L | 1:30 PM  | 4.39 H  | 7:37 PM    | 0.43 L |
| 17             | Wed | 1:47 AM  | 4.10 H  | 7:51 AM  | 0.23 L  | 2:20 PM  | 4.28 H  | 8:35 PM    | 0.69 L |
| 18             | Thu | 2:38 AM  | 3.80 H  | 8:41 AM  | 0.55 L  | 3:08 PM  | 4.15 H  | 9:38 PM    | 0.87 L |
| 19             | Fri | 3:31 AM  | 3.53 H  | 9:37 AM  | 0.82 L  | 3:58 PM  | 4.02 H  | 10:40 PM   | 0.93 L |
| 20             | Sat | 4:26 AM  | 3.34 H  | 10:35 AM | 0.98 L  | 4:50 PM  | 3.92 H  | 11:37 PM   | 0.90 L |
| 21             | Sun | 5:25 AM  | 3.25 H  | 11:30 AM | 1.02 L  | 5:48 PM  | 3.89 H  | No PM Low  |        |
| 22             | Mon | 12:29 AM | 0.81 L  | 6:26 AM  | 3.28 H  | 12:21 PM | 0.98 L  | 6:45 PM    | 3.94 H |
| 23             | Tue | 1:16 AM  | 0.69 L  | 7:22 AM  | 3.40 H  | 1:09 PM  | 0.88 L  | 7:36 PM    | 4.06 H |
| 24             | Wed | 2:01 AM  | 0.55 L  | 8:09 AM  | 3.57 H  | 1:55 PM  | 0.76 L  | 8:20 PM    | 4.20 H |
| 25             | Thu | 2:44 AM  | 0.41 L  | 8:52 AM  | 3.73 H  | 2:40 PM  | 0.62 L  | 8:58 PM    | 4.32 H |
| 26             | Fri | 3:25 AM  | 0.28 L  | 9:30 AM  | 3.86 H  | 3:23 PM  | 0.50 L  | 9:32 PM    | 4.38 H |
| 27             | Sat | 4:03 AM  | 0.18 L  | 10:05 AM | 3.96 H  | 4:04 PM  | 0.41 L  | 10:03 PM   | 4.39 H |
| 28             | Sun | 4:39 AM  | 0.12 L  | 10:39 AM | 4.04 H  | 4:44 PM  | 0.36 L  | 10:34 PM   | 4.34 H |
| 29             | Mon | 5:13 AM  | 0.10 L  | 11:11 AM | 4.11 H  | 5:22 PM  | 0.36 L  | 11:06 PM   | 4.25 H |
| 30             | Tue | 5:45 AM  | 0.14 L  | 11:45 AM | 4.18 H  | 6:01 PM  | 0.40 L  | 11:43 PM   | 4.11 H |
| 31             | Wed | 6:16 AM  | 0.22 L  | 12:23 PM | 4.25 H  | 6:43 PM  | 0.50 L  | No PM High |        |

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| Tarrytown |     |          |         |          |         |          |         |            |         |
|-----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1         | Mon | 12:32 AM | 3.47 H  | 7:29 AM  | 0.20 L  | 1:27 PM  | 3.13 H  | 7:29 PM    | 0.52 L  |
| 2         | Tue | 1:08 AM  | 3.38 H  | 7:59 AM  | 0.26 L  | 2:04 PM  | 3.20 H  | 8:08 PM    | 0.60 L  |
| 3         | Wed | 1:50 AM  | 3.28 H  | 8:31 AM  | 0.33 L  | 2:43 PM  | 3.30 H  | 8:57 PM    | 0.67 L  |
| 4         | Thu | 2:38 AM  | 3.16 H  | 9:09 AM  | 0.40 L  | 3:27 PM  | 3.41 H  | 10:05 PM   | 0.72 L  |
| 5         | Fri | 3:31 AM  | 3.05 H  | 10:04 AM | 0.48 L  | 4:16 PM  | 3.52 H  | 11:22 PM   | 0.68 L  |
| 6         | Sat | 4:30 AM  | 2.95 H  | 11:18 AM | 0.50 L  | 5:13 PM  | 3.61 H  | No PM Low  |         |
| 7         | Sun | 12:31 AM | 0.54 L  | 5:37 AM  | 2.90 H  | 12:29 PM | 0.44 L  | 6:18 PM    | 3.72 L  |
| 8         | Mon | 1:32 AM  | 0.34 L  | 6:53 AM  | 2.93 H  | 1:32 PM  | 0.32 L  | 7:28 PM    | 3.86 L  |
| 9         | Tue | 2:30 AM  | 0.12 L  | 8:07 AM  | 3.08 H  | 2:32 PM  | 0.16 L  | 8:33 PM    | 4.04 L  |
| 10        | Wed | 3:25 AM  | -0.10 L | 09:10 AM | 3.28 H  | 3:31 PM  | 0.00 L  | 9:31 PM    | 4.19 L  |
| 11        | Thu | 4:19 AM  | -0.28 L | 10:05 AM | 3.48 H  | 4:27 PM  | -0.13 L | 10:25 PM   | 4.27 L  |
| 12        | Fri | 5:10 AM  | -0.41 L | 10:58 AM | 3.63 H  | 5:21 PM  | -0.20 L | 11:16 PM   | 4.25 L  |
| 13        | Sat | 5:58 AM  | -0.47 L | 11:50 AM | 3.71 H  | 6:12 PM  | -0.18 L | No PM High |         |
| 14        | Sun | 12:07 AM | 4.13 H  | 6:44 AM  | -0.43 L | 12:43 PM | 3.74 H  | 7:03 PM    | -0.07 L |
| 15        | Mon | 12:59 AM | 3.93 H  | 7:29 AM  | -0.30 L | 1:36 PM  | 3.72 H  | 7:53 PM    | 0.12 L  |
| 16        | Tue | 1:52 AM  | 3.68 H  | 8:14 AM  | -0.08 L | 2:27 PM  | 3.66 H  | 8:46 PM    | 0.36 L  |
| 17        | Wed | 2:44 AM  | 3.42 H  | 9:00 AM  | 0.19 L  | 3:17 PM  | 3.57 H  | 9:44 PM    | 0.58 L  |
| 18        | Thu | 3:35 AM  | 3.16 H  | 9:50 AM  | 0.46 L  | 4:05 PM  | 3.46 H  | 10:47 PM   | 0.73 L  |
| 19        | Fri | 4:28 AM  | 2.94 H  | 10:46 AM | 0.68 L  | 4:55 PM  | 3.35 H  | 11:49 PM   | 0.78 L  |
| 20        | Sat | 5:23 AM  | 2.78 H  | 11:44 AM | 0.81 L  | 5:47 PM  | 3.27 H  | No PM Low  |         |
| 21        | Sun | 12:46 AM | 0.75 L  | 6:22 AM  | 2.71 H  | 12:39 PM | 0.85 L  | 6:45 PM    | 3.24 L  |
| 22        | Mon | 1:38 AM  | 0.67 L  | 7:23 AM  | 2.73 H  | 1:30 PM  | 0.82 L  | 7:42 PM    | 3.29 L  |
| 23        | Tue | 2:25 AM  | 0.57 L  | 8:19 AM  | 2.84 H  | 2:18 PM  | 0.74 L  | 8:33 PM    | 3.38 L  |
| 24        | Wed | 3:10 AM  | 0.46 L  | 9:06 AM  | 2.97 H  | 3:04 PM  | 0.63 L  | 9:17 PM    | 3.50 L  |
| 25        | Thu | 3:53 AM  | 0.34 L  | 9:49 AM  | 3.10 H  | 3:49 PM  | 0.52 L  | 9:55 PM    | 3.60 L  |
| 26        | Fri | 4:34 AM  | 0.24 L  | 10:27 AM | 3.21 H  | 4:32 PM  | 0.41 L  | 10:29 PM   | 3.65 L  |
| 27        | Sat | 5:12 AM  | 0.15 L  | 11:02 AM | 3.30 H  | 5:13 PM  | 0.34 L  | 11:00 PM   | 3.66 L  |
| 28        | Sun | 5:48 AM  | 0.10 L  | 11:36 AM | 3.37 H  | 5:53 PM  | 0.30 L  | 11:31 PM   | 3.62 L  |
| 29        | Mon | 6:22 AM  | 0.09 L  | 12:08 PM | 3.43 H  | 6:31 PM  | 0.30 L  | No PM High |         |
| 30        | Tue | 12:03 AM | 3.54 H  | 6:54 AM  | 0.12 L  | 12:42 PM | 3.48 H  | 7:10 PM    | 0.34 L  |
| 31        | Wed | 12:40 AM | 3.42 H  | 7:25 AM  | 0.18 L  | 1:20 PM  | 3.54 H  | 7:52 PM    | 0.41 L  |

| Haverstraw |     |          |        |          |         |          |         |            |        |
|------------|-----|----------|--------|----------|---------|----------|---------|------------|--------|
| 1          | Mon | 1:15 AM  | 3.64 H | 8:25 AM  | 0.18 L  | 2:03 PM  | 3.04 H  | 8:15 PM    | 0.44 L |
| 2          | Tue | 1:53 AM  | 3.48 H | 8:55 AM  | 0.13 L  | 2:43 PM  | 3.10 H  | 8:57 PM    | 0.47 L |
| 3          | Wed | 2:37 AM  | 3.30 H | 9:26 AM  | 0.09 L  | 3:28 PM  | 3.20 H  | 9:48 PM    | 0.55 L |
| 4          | Thu | 3:26 AM  | 3.14 H | 10:03 AM | 0.07 L  | 4:16 PM  | 3.33 H  | 10:54 PM   | 0.63 L |
| 5          | Fri | 4:20 AM  | 2.99 H | 10:50 AM | 0.10 L  | 5:08 PM  | 3.46 H  | No PM Low  |        |
| 6          | Sat | 12:09 AM | 0.68 L | 5:19 AM  | 2.89 H  | 11:51 AM | 0.14 L  | 6:04 PM    | 3.60 L |
| 7          | Sun | 1:22 AM  | 0.66 L | 6:24 AM  | 2.85 H  | 1:01 PM  | 0.17 L  | 7:07 PM    | 3.74 L |
| 8          | Mon | 2:25 AM  | 0.57 L | 7:35 AM  | 2.91 H  | 2:08 PM  | 0.15 L  | 8:12 PM    | 3.91 L |
| 9          | Tue | 3:23 AM  | 0.46 L | 8:42 AM  | 3.06 H  | 3:10 PM  | 0.10 L  | 9:11 PM    | 4.07 L |
| 10         | Wed | 4:19 AM  | 0.34 L | 9:41 AM  | 3.24 H  | 4:09 PM  | 0.05 L  | 10:06 PM   | 4.18 L |
| 11         | Thu | 5:12 AM  | 0.22 L | 10:36 AM | 3.38 H  | 5:07 PM  | 0.01 L  | 10:58 PM   | 4.21 L |
| 12         | Fri | 6:03 AM  | 0.10 L | 11:29 AM | 3.46 H  | 6:02 PM  | -0.01 L | 11:49 PM   | 4.14 L |
| 13         | Sat | 6:50 AM  | 0.01 L | 12:21 PM | 3.47 H  | 6:55 PM  | 0.02 L  | No PM High |        |
| 14         | Sun | 12:39 AM | 3.99 H | 7:35 AM  | -0.04 L | 1:13 PM  | 3.44 H  | 7:46 PM    | 0.10 L |
| 15         | Mon | 1:29 AM  | 3.78 H | 8:19 AM  | -0.05 L | 2:07 PM  | 3.38 H  | 8:37 PM    | 0.24 L |
| 16         | Tue | 2:21 AM  | 3.53 H | 9:02 AM  | -0.01 L | 3:03 PM  | 3.33 H  | 9:33 PM    | 0.40 L |
| 17         | Wed | 3:16 AM  | 3.28 H | 9:47 AM  | 0.07 L  | 3:58 PM  | 3.31 H  | 10:32 PM   | 0.56 L |
| 18         | Thu | 4:11 AM  | 3.06 H | 10:34 AM | 0.19 L  | 4:51 PM  | 3.31 H  | 11:35 PM   | 0.68 L |
| 19         | Fri | 5:06 AM  | 2.89 H | 11:25 AM | 0.31 L  | 5:44 PM  | 3.33 H  | No PM Low  |        |
| 20         | Sat | 12:39 AM | 0.72 L | 6:03 AM  | 2.77 H  | 12:20 PM | 0.41 L  | 6:40 PM    | 3.38 L |
| 21         | Sun | 1:39 AM  | 0.68 L | 7:05 AM  | 2.74 H  | 1:16 PM  | 0.47 L  | 7:38 PM    | 3.48 L |
| 22         | Mon | 2:34 AM  | 0.60 L | 8:06 AM  | 2.81 H  | 2:09 PM  | 0.49 L  | 8:32 PM    | 3.61 L |
| 23         | Tue | 3:23 AM  | 0.51 L | 9:00 AM  | 2.93 H  | 2:58 PM  | 0.47 L  | 9:19 PM    | 3.74 L |
| 24         | Wed | 4:08 AM  | 0.42 L | 9:48 AM  | 3.06 H  | 3:45 PM  | 0.43 L  | 10:00 PM   | 3.84 L |
| 25         | Thu | 4:51 AM  | 0.34 L | 10:31 AM | 3.15 H  | 4:31 PM  | 0.39 L  | 10:37 PM   | 3.88 L |
| 26         | Fri | 5:32 AM  | 0.26 L | 11:10 AM | 3.20 H  | 5:15 PM  | 0.35 L  | 11:11 PM   | 3.8    |



| Peekskill |     |          |         |          |         |          |         |            |         |
|-----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1         | Mon | 1:11 AM  | 3.17 H  | 8:35 AM  | 0.18 L  | 2:06 PM  | 2.86 H  | 8:35 PM    | 0.48 L  |
| 2         | Tue | 1:47 AM  | 3.09 H  | 9:05 AM  | 0.24 L  | 2:43 PM  | 2.92 H  | 9:14 PM    | 0.55 L  |
| 3         | Wed | 2:29 AM  | 3.00 H  | 9:37 AM  | 0.30 L  | 3:22 PM  | 3.02 H  | 10:03 PM   | 0.62 L  |
| 4         | Thu | 3:17 AM  | 2.89 H  | 10:15 AM | 0.37 L  | 4:06 PM  | 3.12 H  | 11:11 PM   | 0.66 L  |
| 5         | Fri | 4:10 AM  | 2.79 H  | 11:10 AM | 0.44 L  | 4:55 PM  | 3.21 H  | No PM Low  |         |
| 6         | Sat | 12:28 AM | 0.63 L  | 5:09 AM  | 2.70 H  | 12:24 PM | 0.46 L  | 5:52 PM    | 3.30 H  |
| 7         | Sun | 1:37 AM  | 0.49 L  | 6:16 AM  | 2.65 H  | 1:35 PM  | 0.41 L  | 6:57 PM    | 3.40 H  |
| 8         | Mon | 2:38 AM  | 0.31 L  | 7:32 AM  | 2.68 H  | 2:38 PM  | 0.29 L  | 8:07 PM    | 3.53 H  |
| 9         | Tue | 3:36 AM  | 0.11 L  | 8:46 AM  | 2.81 H  | 3:38 PM  | 0.15 L  | 9:12 PM    | 3.69 H  |
| 10        | Wed | 4:31 AM  | -0.09 L | 09:49 AM | 3.00 H  | 4:37 PM  | 0.00 L  | 10:10 PM   | 3.83 H  |
| 11        | Thu | 5:25 AM  | -0.26 L | 10:44 AM | 3.18 H  | 5:33 PM  | -0.12 L | 11:04 PM   | 3.91 H  |
| 12        | Fri | 6:16 AM  | -0.38 L | 11:37 AM | 3.32 H  | 6:27 PM  | -0.18 L | 11:55 PM   | 3.89 H  |
| 13        | Sat | 7:04 AM  | -0.43 L | 12:29 PM | 3.40 H  | 7:18 PM  | -0.17 L | No PM High |         |
| 14        | Sun | 12:46 AM | 3.78 H  | 7:50 AM  | -0.40 L | 1:22 PM  | 3.42 H  | 8:09 PM    | -0.06 L |
| 15        | Mon | 1:38 AM  | 3.60 H  | 8:35 AM  | -0.27 L | 2:15 PM  | 3.40 H  | 8:59 PM    | 0.11 L  |
| 16        | Tue | 2:31 AM  | 3.37 H  | 9:20 AM  | -0.07 L | 3:06 PM  | 3.35 H  | 9:52 PM    | 0.33 L  |
| 17        | Wed | 3:23 AM  | 3.13 H  | 10:06 AM | 0.17 L  | 3:56 PM  | 3.26 H  | 10:50 PM   | 0.53 L  |
| 18        | Thu | 4:14 AM  | 2.89 H  | 10:56 AM | 0.42 L  | 4:44 PM  | 3.16 H  | 11:53 PM   | 0.66 L  |
| 19        | Fri | 5:07 AM  | 2.69 H  | 11:52 AM | 0.62 L  | 5:34 PM  | 3.06 H  | No PM Low  |         |
| 20        | Sat | 12:55 AM | 0.71 L  | 6:02 AM  | 2.54 H  | 12:50 PM | 0.74 L  | 6:26 PM    | 2.99 H  |
| 21        | Sun | 1:52 AM  | 0.69 L  | 7:01 AM  | 2.48 H  | 1:45 PM  | 0.78 L  | 7:24 PM    | 2.96 H  |
| 22        | Mon | 2:44 AM  | 0.62 L  | 8:02 AM  | 2.50 H  | 2:36 PM  | 0.75 L  | 8:21 PM    | 3.00 H  |
| 23        | Tue | 3:31 AM  | 0.53 L  | 8:58 AM  | 2.59 H  | 3:24 PM  | 0.67 L  | 9:12 PM    | 3.09 H  |
| 24        | Wed | 4:16 AM  | 0.42 L  | 9:45 AM  | 2.72 H  | 4:10 PM  | 0.57 L  | 9:56 PM    | 3.20 H  |
| 25        | Thu | 4:59 AM  | 0.32 L  | 10:28 AM | 2.84 H  | 4:55 PM  | 0.47 L  | 10:34 PM   | 3.29 H  |
| 26        | Fri | 5:40 AM  | 0.22 L  | 11:06 AM | 2.94 H  | 5:38 PM  | 0.38 L  | 11:08 PM   | 3.34 H  |
| 27        | Sat | 6:18 AM  | 0.14 L  | 11:41 AM | 3.02 H  | 6:19 PM  | 0.31 L  | 11:39 PM   | 3.35 H  |
| 28        | Sun | 6:54 AM  | 0.09 L  | 12:15 PM | 3.08 H  | 6:59 PM  | 0.27 L  | No PM High |         |
| 29        | Mon | 12:10 AM | 3.31 H  | 7:28 AM  | 0.08 L  | 12:47 PM | 3.13 H  | 7:37 PM    | 0.27 L  |
| 30        | Tue | 12:42 AM | 3.24 H  | 8:00 AM  | 0.11 L  | 1:21 PM  | 3.19 H  | 8:16 PM    | 0.31 L  |
| 31        | Wed | 1:19 AM  | 3.13 H  | 8:31 AM  | 0.17 L  | 1:59 PM  | 3.24 H  | 8:58 PM    | 0.38 L  |

August  
TIDES

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| Poughkeepsie |     |          |         |          |         |          |        |            |         |
|--------------|-----|----------|---------|----------|---------|----------|--------|------------|---------|
| 1            | Mon | 3:17 AM  | 3.37 H  | 10:18 AM | 0.20 L  | 4:12 PM  | 3.04 H | 10:18 PM   | 0.51 L  |
| 2            | Tue | 3:53 AM  | 3.28 H  | 10:48 AM | 0.25 L  | 4:49 PM  | 3.11 H | 10:57 PM   | 0.58 L  |
| 3            | Wed | 4:35 AM  | 3.18 H  | 11:20 AM | 0.32 L  | 5:28 PM  | 3.20 H | 11:46 PM   | 0.65 L  |
| 4            | Thu | 5:23 AM  | 3.07 H  | 11:58 AM | 0.39 L  | 6:12 PM  | 3.31 H | No PM Low  |         |
| 5            | Fri | 12:54 AM | 0.70 L  | 6:16 AM  | 2.96 H  | 12:53 PM | 0.46 L | 7:01 PM    | 3.42 H  |
| 6            | Sat | 2:11 AM  | 0.66 L  | 7:15 AM  | 2.87 H  | 2:07 PM  | 0.49 L | 7:58 PM    | 3.51 H  |
| 7            | Sun | 3:20 AM  | 0.52 L  | 8:22 AM  | 2.81 H  | 3:18 PM  | 0.43 L | 9:03 PM    | 3.61 H  |
| 8            | Mon | 4:21 AM  | 0.33 L  | 9:38 AM  | 2.85 H  | 4:21 PM  | 0.31 L | 10:13 PM   | 3.75 H  |
| 9            | Tue | 5:19 AM  | 0.11 L  | 10:52 AM | 2.99 H  | 5:21 PM  | 0.16 L | 11:18 PM   | 3.92 H  |
| 10           | Wed | 6:14 AM  | -0.09 L | 11:55 AM | 3.19 H  | 6:20 PM  | 0.00 L | No PM High |         |
| 11           | Thu | 12:16 AM | 4.07 H  | 7:08 AM  | -0.27 L | 12:50 PM | 3.38 H | 7:16 PM    | -0.12 L |
| 12           | Fri | 1:10 AM  | 4.15 H  | 7:59 AM  | -0.40 L | 1:43 PM  | 3.53 H | 8:10 PM    | -0.19 L |
| 13           | Sat | 2:01 AM  | 4.13 H  | 8:47 AM  | -0.46 L | 2:35 PM  | 3.61 H | 9:01 PM    | -0.18 L |
| 14           | Sun | 2:52 AM  | 4.01 H  | 9:33 AM  | -0.42 L | 3:28 PM  | 3.63 H | 9:52 PM    | -0.07 L |
| 15           | Mon | 3:44 AM  | 3.82 H  | 10:18 AM | -0.29 L | 4:21 PM  | 3.61 H | 10:42 PM   | 0.12 L  |
| 16           | Tue | 4:37 AM  | 3.58 H  | 11:03 AM | -0.08 L | 5:12 PM  | 3.55 H | 11:35 PM   | 0.34 L  |
| 17           | Wed | 5:29 AM  | 3.32 H  | 11:49 AM | 0.18 L  | 6:02 PM  | 3.47 H | No PM Low  |         |
| 18           | Thu | 12:33 AM | 0.56 L  | 6:20 AM  | 3.07 H  | 12:39 PM | 0.45 L | 6:50 PM    | 3.36 H  |
| 19           | Fri | 1:36 AM  | 0.71 L  | 7:13 AM  | 2.86 H  | 1:35 PM  | 0.66 L | 7:40 PM    | 3.25 H  |
| 20           | Sat | 2:38 AM  | 0.76 L  | 8:08 AM  | 2.70 H  | 2:33 PM  | 0.79 L | 8:32 PM    | 3.17 H  |
| 21           | Sun | 3:35 AM  | 0.73 L  | 9:07 AM  | 2.63 H  | 3:28 PM  | 0.83 L | 9:30 PM    | 3.15 H  |
| 22           | Mon | 4:27 AM  | 0.66 L  | 10:08 AM | 2.66 H  | 4:19 PM  | 0.80 L | 10:27 PM   | 3.19 H  |
| 23           | Tue | 5:14 AM  | 0.56 L  | 11:04 AM | 2.75 H  | 5:07 PM  | 0.71 L | 11:18 PM   | 3.29 H  |
| 24           | Wed | 5:59 AM  | 0.45 L  | 11:51 AM | 2.89 H  | 5:53 PM  | 0.61 L | No PM High |         |
| 25           | Thu | 12:02 AM | 3.40 H  | 6:42 AM  | 0.34 L  | 12:34 PM | 3.02 H | 6:38 PM    | 0.50 L  |
| 26           | Fri | 12:40 AM | 3.49 H  | 7:23 AM  | 0.23 L  | 1:12 PM  | 3.12 H | 7:21 PM    | 0.40 L  |
| 27           | Sat | 1:14 AM  | 3.55 H  | 8:01 AM  | 0.14 L  | 1:47 PM  | 3.21 H | 8:02 PM    | 0.33 L  |
| 28           | Sun | 1:45 AM  | 3.56 H  | 8:37 AM  | 0.09 L  | 2:21 PM  | 3.27 H | 8:42 PM    | 0.29 L  |
| 29           | Mon | 2:16 AM  | 3.52 H  | 9:11 AM  | 0.08 L  | 2:53 PM  | 3.33 H | 9:20 PM    | 0.29 L  |
| 30           | Tue | 2:48 AM  | 3.44 H  | 9:43 AM  | 0.11 L  | 3:27 PM  | 3.39 H | 9:59 PM    | 0.33 L  |
| 31           | Wed | 3:25 AM  | 3.33 H  | 10:14 AM | 0.18 L  | 4:05 PM  | 3.44 H | 10:41 PM   | 0.40 L  |

August  
TIDES

| Newburgh |     |          |         |          |         |          |         |            |         |
|----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1        | Mon | 2:29 AM  | 3.07 H  | 9:35 AM  | 0.18 L  | 3:24 PM  | 2.77 H  | 9:35 PM    | 0.48 L  |
| 2        | Tue | 3:05 AM  | 2.99 H  | 10:05 AM | 0.24 L  | 4:01 PM  | 2.83 H  | 10:14 PM   | 0.55 L  |
| 3        | Wed | 3:47 AM  | 2.90 H  | 10:37 AM | 0.30 L  | 4:40 PM  | 2.92 H  | 11:03 PM   | 0.62 L  |
| 4        | Thu | 4:35 AM  | 2.80 H  | 11:15 AM | 0.37 L  | 5:24 PM  | 3.02 H  | No PM Low  |         |
| 5        | Fri | 12:11 AM | 0.66 L  | 5:28 AM  | 2.70 H  | 12:10 PM | 0.44 L  | 6:13 PM    | 3.12 H  |
| 6        | Sat | 1:28 AM  | 0.63 L  | 6:27 AM  | 2.62 H  | 1:24 PM  | 0.46 L  | 7:10 PM    | 3.20 H  |
| 7        | Sun | 2:37 AM  | 0.49 L  | 7:34 AM  | 2.57 H  | 2:35 PM  | 0.41 L  | 8:15 PM    | 3.29 H  |
| 8        | Mon | 3:38 AM  | 0.31 L  | 8:50 AM  | 2.60 H  | 3:38 PM  | 0.29 L  | 9:25 PM    | 3.42 H  |
| 9        | Tue | 4:36 AM  | 0.11 L  | 10:04 AM | 2.73 H  | 4:38 PM  | 0.15 L  | 10:30 PM   | 3.58 H  |
| 10       | Wed | 5:31 AM  | -0.09 L | 11:07 AM | 2.91 H  | 5:37 PM  | 0.00 L  | 11:28 PM   | 3.71 H  |
| 11       | Thu | 6:25 AM  | -0.26 L | 12:02 PM | 3.08 H  | 6:33 PM  | -0.12 L | No PM High |         |
| 12       | Fri | 12:22 AM | 3.79 H  | 7:16 AM  | -0.38 L | 12:55 PM | 3.21 H  | 7:27 PM    | -0.18 L |
| 13       | Sat | 1:13 AM  | 3.77 H  | 8:04 AM  | -0.43 L | 1:47 PM  | 3.29 H  | 8:18 PM    | -0.17 L |
| 14       | Sun | 2:04 AM  | 3.66 H  | 8:50 AM  | -0.40 L | 2:40 PM  | 3.31 H  | 9:09 PM    | -0.06 L |
| 15       | Mon | 2:56 AM  | 3.48 H  | 9:35 AM  | -0.27 L | 3:33 PM  | 3.29 H  | 9:59 PM    | 0.11 L  |
| 16       | Tue | 3:49 AM  | 3.26 H  | 10:20 AM | -0.07 L | 4:24 PM  | 3.24 H  | 10:52 PM   | 0.33 L  |
| 17       | Wed | 4:41 AM  | 3.03 H  | 11:06 AM | 0.17 L  | 5:14 PM  | 3.16 H  | 11:50 PM   | 0.53 L  |
| 18       | Thu | 5:32 AM  | 2.80 H  | 11:56 AM | 0.42 L  | 6:02 PM  | 3.06 H  | No PM Low  |         |
| 19       | Fri | 12:53 AM | 0.66 L  | 6:25 AM  | 2.61 H  | 12:52 PM | 0.62 L  | 6:52 PM    | 2.97 H  |
| 20       | Sat | 1:55 AM  | 0.71 L  | 7:20 AM  | 2.46 H  | 1:50 PM  | 0.74 L  | 7:44 PM    | 2.89 H  |
| 21       | Sun | 2:52 AM  | 0.69 L  | 8:19 AM  | 2.40 H  | 2:45 PM  | 0.78 L  | 8:42 PM    | 2.87 H  |
| 22       | Mon | 3:44 AM  | 0.62 L  | 9:20 AM  | 2.42 H  | 3:36 PM  | 0.75 L  | 9:39 PM    | 2.91 H  |
| 23       | Tue | 4:31 AM  | 0.53 L  | 10:16 AM | 2.51 H  | 4:24 PM  | 0.67 L  | 10:30 PM   | 3.00 H  |
| 24       | Wed | 5:16 AM  | 0.42 L  | 11:03 AM | 2.63 H  | 5:10 PM  | 0.57 L  | 11:14 PM   | 3.10 H  |
| 25       | Thu | 5:59 AM  | 0.32 L  | 11:46 AM | 2.75 H  | 5:55 PM  | 0.47 L  | 11:52 PM   | 3.19 H  |
| 26       | Fri | 6:40 AM  | 0.22 L  | 12:24 PM | 2.85 H  | 6:38 PM  | 0.38 L  | No PM High |         |
| 27       | Sat | 12:26 AM | 3.23 H  | 7:18 AM  | 0.14 L  | 12:59 PM | 2.92 H  | 7:19 PM    | 0.31 L  |
| 28       | Sun | 12:57 AM | 3.24 H  | 7:54 AM  | 0.09 L  | 1:33 PM  | 2.98 H  | 7:59 PM    | 0.27 L  |
| 29       | Mon | 1:28 AM  | 3.21 H  | 8:28 AM  | 0.08 L  | 2:05 PM  | 3.04 H  | 8:37 PM    | 0.27 L  |
| 30       | Tue | 2:00 AM  | 3.13 H  | 9:00 AM  | 0.11 L  | 2:39 PM  | 3.09 H  | 9:16 PM    | 0.31 L  |

Kingston

|    |     |          |        |          |         |          |        |          |       |
|----|-----|----------|--------|----------|---------|----------|--------|----------|-------|
| 1  | Mon | 4:03 AM  | 4.02 H | 11:06 AM | 0.24 L  | 4:58 PM  | 3.62 H | 11:06 PM | 0.61  |
| 2  | Tue | 4:39 AM  | 3.91 H | 11:36 AM | 0.30 L  | 5:35 PM  | 3.70 H | 11:45 PM | 0.70  |
| 3  | Wed | 5:21 AM  | 3.79 H | 12:08 PM | 0.39 L  | 6:14 PM  | 3.82 H | No PM    | Low   |
| 4  | Thu | 12:34 AM | 0.79 L | 6:09 AM  | 3.66 H  | 12:46 PM | 0.47 L | 6:58 PM  | 3.94  |
| 5  | Fri | 1:42 AM  | 0.85 L | 7:02 AM  | 3.53 H  | 1:41 PM  | 0.56 L | 7:47 PM  | 4.07  |
| 6  | Sat | 2:59 AM  | 0.80 L | 8:01 AM  | 3.42 H  | 2:55 PM  | 0.59 L | 8:44 PM  | 4.18  |
| 7  | Sun | 4:08 AM  | 0.63 L | 9:08 AM  | 3.35 H  | 4:06 PM  | 0.52 L | 9:49 PM  | 4.30  |
| 8  | Mon | 5:09 AM  | 0.39 L | 10:24 AM | 3.39 H  | 5:09 PM  | 0.37 L | 10:59 PM | 4.47  |
| 9  | Tue | 6:07 AM  | 0.14 L | 11:38 AM | 3.56 H  | 6:09 PM  | 0.19 L | No PM    | High  |
| 10 | Wed | 12:04 AM | 4.67 H | 7:02 AM  | -0.11 L | 12:41 PM | 3.80 H | 7:08 PM  | 0.00  |
| 11 | Thu | 1:02 AM  | 4.85 H | 7:56 AM  | -0.33 L | 1:36 PM  | 4.03 H | 8:04 PM  | -0.15 |
| 12 | Fri | 1:56 AM  | 4.95 H | 8:47 AM  | -0.48 L | 2:29 PM  | 4.20 H | 8:58 PM  | -0.23 |
| 13 | Sat | 2:47 AM  | 4.92 H | 9:35 AM  | -0.55 L | 3:21 PM  | 4.30 H | 9:49 PM  | -0.21 |
| 14 | Sun | 3:38 AM  | 4.78 H | 10:21 AM | -0.51 L | 4:14 PM  | 4.33 H | 10:40 PM | -0.08 |
| 15 | Mon | 4:30 AM  | 4.55 H | 11:06 AM | -0.35 L | 5:07 PM  | 4.30 H | 11:30 PM | 0.14  |
| 16 | Tue | 5:23 AM  | 4.26 H | 11:51 AM | -0.09 L | 5:58 PM  | 4.23 H | No PM    | Low   |
| 17 | Wed | 12:23 AM | 0.42 L | 6:15 AM  | 3.96 H  | 12:37 PM | 0.22 L | 6:48 PM  | 4.13  |
| 18 | Thu | 1:21 AM  | 0.68 L | 7:06 AM  | 3.66 H  | 1:27 PM  | 0.54 L | 7:36 PM  | 4.00  |
| 19 | Fri | 2:24 AM  | 0.85 L | 7:59 AM  | 3.40 H  | 2:23 PM  | 0.80 L | 8:26 PM  | 3.88  |
| 20 | Sat | 3:26 AM  | 0.91 L | 8:54 AM  | 3.22 H  | 3:21 PM  | 0.95 L | 9:18 PM  | 3.78  |
| 21 | Sun | 4:23 AM  | 0.88 L | 9:53 AM  | 3.13 H  | 4:16 PM  | 1.00 L | 10:16 PM | 3.75  |
| 22 | Mon | 5:15 AM  | 0.79 L | 10:54 AM | 3.16 H  | 5:07 PM  | 0.96 L | 11:13 PM | 3.80  |
| 23 | Tue | 6:02 AM  | 0.67 L | 11:50 AM | 3.28 H  | 5:55 PM  | 0.86 L | No PM    | High  |
| 24 | Wed | 12:04 AM | 3.92 H | 6:47 AM  | 0.54 L  | 12:37 PM | 3.44 H | 6:41 PM  | 0.74  |
| 25 | Thu | 12:48 AM | 4.05 H | 7:30 AM  | 0.40 L  | 1:20 PM  | 3.59 H | 7:26 PM  | 0.60  |
| 26 | Fri | 1:26 AM  | 4.16 H | 8:11 AM  | 0.28 L  | 1:58 PM  | 3.72 H | 8:09 PM  | 0.49  |
| 27 | Sat | 2:00 AM  | 4.23 H | 8:49 AM  | 0.17 L  | 2:33 PM  | 3.82 H | 8:50 PM  | 0.40  |
| 28 | Sun | 2:31 AM  | 4.24 H | 9:25 AM  | 0.11 L  | 3:07 PM  | 3.90 H | 9:30 PM  | 0.35  |
| 29 | Mon | 3:02 AM  | 4.19 H | 9:59 AM  | 0.10 L  | 3:39 PM  | 3.96 H | 10:08 PM | 0.35  |
| 30 | Tue | 3:34 AM  | 4.09 H | 10:31 AM | 0.14 L  | 4:13 PM  | 4.03 H | 10:47 PM | 0.39  |
| 31 | Wed | 4:11 AM  | 3.96 H | 11:02 AM | 0.22 L  | 4:51 PM  | 4.10 H | 11:29 PM | 0.49  |



| Hudson |     |          |         |          |         |          |         |            |         |
|--------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1      | Mon | 12:07 AM | 0.58 L  | 5:41 AM  | 4.36 H  | 12:44 PM | 0.25 L  | 6:36 PM    | 3.94 I  |
| 2      | Tue | 12:44 AM | 0.64 L  | 6:17 AM  | 4.25 H  | 1:14 PM  | 0.32 L  | 7:13 PM    | 4.02 I  |
| 3      | Wed | 1:23 AM  | 0.73 L  | 6:59 AM  | 4.12 H  | 1:46 PM  | 0.40 L  | 7:52 PM    | 4.15 I  |
| 4      | Thu | 2:12 AM  | 0.83 L  | 7:47 AM  | 3.98 H  | 2:24 PM  | 0.50 L  | 8:36 PM    | 4.29 I  |
| 5      | Fri | 3:20 AM  | 0.89 L  | 8:40 AM  | 3.84 H  | 3:19 PM  | 0.59 L  | 9:25 PM    | 4.42 I  |
| 6      | Sat | 4:37 AM  | 0.84 L  | 9:39 AM  | 3.71 H  | 4:33 PM  | 0.62 L  | 10:22 PM   | 4.54 I  |
| 7      | Sun | 5:46 AM  | 0.66 L  | 10:46 AM | 3.64 H  | 5:44 PM  | 0.54 L  | 11:27 PM   | 4.68 I  |
| 8      | Mon | 6:47 AM  | 0.41 L  | 12:02 PM | 3.69 H  | 6:47 PM  | 0.39 L  | No PM High |         |
| 9      | Tue | 12:37 AM | 4.86 H  | 7:45 AM  | 0.14 L  | 1:16 PM  | 3.87 H  | 7:47 PM    | 0.20 I  |
| 10     | Wed | 1:42 AM  | 5.08 H  | 8:40 AM  | -0.12 L | 2:19 PM  | 4.13 H  | 8:46 PM    | 0.00 I  |
| 11     | Thu | 2:40 AM  | 5.27 H  | 9:34 AM  | -0.34 L | 3:14 PM  | 4.38 H  | 9:42 PM    | -0.16 I |
| 12     | Fri | 3:34 AM  | 5.37 H  | 10:25 AM | -0.51 L | 4:07 PM  | 4.56 H  | 10:36 PM   | -0.24 I |
| 13     | Sat | 4:25 AM  | 5.35 H  | 11:13 AM | -0.58 L | 4:59 PM  | 4.67 H  | 11:27 PM   | -0.22 I |
| 14     | Sun | 5:16 AM  | 5.20 H  | 11:59 AM | -0.53 L | 5:52 PM  | 4.70 H  | No PM Low  |         |
| 15     | Mon | 12:18 AM | -0.09 L | 06:08 AM | 4.94 H  | 12:44 PM | -0.37 L | 6:45 PM    | 4.67 I  |
| 16     | Tue | 1:08 AM  | 0.15 L  | 7:01 AM  | 4.63 H  | 1:29 PM  | -0.10 L | 7:36 PM    | 4.60 I  |
| 17     | Wed | 2:01 AM  | 0.44 L  | 7:53 AM  | 4.30 H  | 2:15 PM  | 0.23 L  | 8:26 PM    | 4.49 I  |
| 18     | Thu | 2:59 AM  | 0.71 L  | 8:44 AM  | 3.98 H  | 3:05 PM  | 0.56 L  | 9:14 PM    | 4.35 I  |
| 19     | Fri | 4:02 AM  | 0.89 L  | 9:37 AM  | 3.70 H  | 4:01 PM  | 0.84 L  | 10:04 PM   | 4.21 I  |
| 20     | Sat | 5:04 AM  | 0.96 L  | 10:32 AM | 3.50 H  | 4:59 PM  | 1.00 L  | 10:56 PM   | 4.11 I  |
| 21     | Sun | 6:01 AM  | 0.92 L  | 11:31 AM | 3.41 H  | 5:54 PM  | 1.05 L  | 11:54 PM   | 4.07 I  |
| 22     | Mon | 6:53 AM  | 0.83 L  | 12:32 PM | 3.44 H  | 6:45 PM  | 1.01 L  | No PM High |         |
| 23     | Tue | 12:51 AM | 4.13 H  | 7:40 AM  | 0.70 L  | 1:28 PM  | 3.57 H  | 7:33 PM    | 0.91 I  |
| 24     | Wed | 1:42 AM  | 4.25 H  | 8:25 AM  | 0.57 L  | 2:15 PM  | 3.74 H  | 8:19 PM    | 0.77 I  |
| 25     | Thu | 2:26 AM  | 4.40 H  | 9:08 AM  | 0.42 L  | 2:58 PM  | 3.90 H  | 9:04 PM    | 0.63 I  |
| 26     | Fri | 3:04 AM  | 4.52 H  | 9:49 AM  | 0.29 L  | 3:36 PM  | 4.04 H  | 9:47 PM    | 0.51 I  |
| 27     | Sat | 3:38 AM  | 4.59 H  | 10:27 AM | 0.18 L  | 4:11 PM  | 4.15 H  | 10:28 PM   | 0.42 I  |
| 28     | Sun | 4:09 AM  | 4.60 H  | 11:03 AM | 0.12 L  | 4:45 PM  | 4.23 H  | 11:08 PM   | 0.37 I  |
| 29     | Mon | 4:40 AM  | 4.55 H  | 11:37 AM | 0.10 L  | 5:17 PM  | 4.31 H  | 11:46 PM   | 0.37 I  |
| 30     | Tue | 5:12 AM  | 4.45 H  | 12:09 PM | 0.14 L  | 5:51 PM  | 4.38 H  | No PM Low  |         |
| 31     | Wed | 12:25 AM | 0.41 L  | 5:49 AM  | 4.30 H  | 12:40 PM | 0.23 L  | 6:29 PM    | 4.45 I  |

August  
TIDES

| Castleton |     |          |         |          |         |          |         |            |         |
|-----------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1         | Mon | 1:18 AM  | 0.33 L  | 6:23 AM  | 4.92 H  | 2:03 PM  | -0.21 L | 7:32 PM    | 4.38 I  |
| 2         | Tue | 2:01 AM  | 0.39 L  | 7:03 AM  | 4.83 H  | 2:36 PM  | -0.17 L | 8:02 PM    | 4.56 I  |
| 3         | Wed | 2:49 AM  | 0.48 L  | 7:49 AM  | 4.66 H  | 3:10 PM  | -0.12 L | 8:40 PM    | 4.73 I  |
| 4         | Thu | 3:46 AM  | 0.60 L  | 8:40 AM  | 4.41 H  | 3:49 PM  | -0.02 L | 9:27 PM    | 4.84 I  |
| 5         | Fri | 4:54 AM  | 0.70 L  | 9:38 AM  | 4.10 H  | 4:38 PM  | 0.13 L  | 10:21 PM   | 4.88 I  |
| 6         | Sat | 6:06 AM  | 0.71 L  | 10:51 AM | 3.79 H  | 5:43 PM  | 0.28 L  | 11:26 PM   | 4.87 I  |
| 7         | Sun | 7:15 AM  | 0.58 L  | 12:19 PM | 3.62 H  | 6:57 PM  | 0.35 L  | No PM High |         |
| 8         | Mon | 12:39 AM | 4.89 H  | 8:19 AM  | 0.34 L  | 1:32 PM  | 3.64 H  | 8:07 PM    | 0.29 I  |
| 9         | Tue | 1:46 AM  | 4.98 H  | 9:19 AM  | 0.03 L  | 2:34 PM  | 3.79 H  | 9:11 PM    | 0.12 I  |
| 10        | Wed | 2:46 AM  | 5.11 H  | 10:14 AM | -0.27 L | 3:30 PM  | 3.99 H  | 10:10 PM   | -0.08 I |
| 11        | Thu | 3:42 AM  | 5.22 H  | 11:06 AM | -0.51 L | 4:23 PM  | 4.18 H  | 11:05 PM   | -0.26 I |
| 12        | Fri | 4:35 AM  | 5.25 H  | 11:54 AM | -0.66 L | 5:14 PM  | 4.33 H  | 11:57 PM   | -0.35 I |
| 13        | Sat | 5:26 AM  | 5.20 H  | 12:41 PM | -0.72 L | 6:06 PM  | 4.44 H  | No PM Low  |         |
| 14        | Sun | 12:49 AM | -0.35 L | 06:19 AM | 5.08 H  | 1:26 PM  | -0.69 L | 6:58 PM    | 4.52 I  |
| 15        | Mon | 1:40 AM  | -0.26 L | 07:12 AM | 4.90 H  | 2:11 PM  | -0.59 L | 7:51 PM    | 4.59 I  |
| 16        | Tue | 2:32 AM  | -0.11 L | 08:06 AM | 4.68 H  | 2:55 PM  | -0.43 L | 8:43 PM    | 4.64 I  |
| 17        | Wed | 3:25 AM  | 0.07 L  | 9:01 AM  | 4.45 H  | 3:39 PM  | -0.24 L | 9:35 PM    | 4.66 I  |
| 18        | Thu | 4:20 AM  | 0.24 L  | 9:56 AM  | 4.22 H  | 4:24 PM  | -0.02 L | 10:27 PM   | 4.64 I  |
| 19        | Fri | 5:17 AM  | 0.34 L  | 10:52 AM | 4.01 H  | 5:11 PM  | 0.20 L  | 11:20 PM   | 4.61 I  |
| 20        | Sat | 6:15 AM  | 0.36 L  | 11:49 AM | 3.85 H  | 6:02 PM  | 0.38 L  | No PM High |         |
| 21        | Sun | 12:14 AM | 4.59 H  | 7:12 AM  | 0.29 L  | 12:46 PM | 3.79 H  | 6:54 PM    | 0.48 I  |
| 22        | Mon | 1:07 AM  | 4.61 H  | 8:07 AM  | 0.15 L  | 1:42 PM  | 3.82 H  | 7:47 PM    | 0.50 I  |
| 23        | Tue | 1:59 AM  | 4.68 H  | 8:57 AM  | -0.02 L | 2:34 PM  | 3.92 H  | 8:39 PM    | 0.44 I  |
| 24        | Wed | 2:46 AM  | 4.78 H  | 9:44 AM  | -0.19 L | 3:21 PM  | 4.04 H  | 9:27 PM    | 0.34 I  |
| 25        | Thu | 3:28 AM  | 4.86 H  | 10:28 AM | -0.31 L | 4:04 PM  | 4.15 H  | 10:14 PM   | 0.23 I  |
| 26        | Fri | 4:06 AM  | 4.90 H  | 11:08 AM | -0.37 L | 4:44 PM  | 4.24 H  | 10:58 PM   | 0.14 I  |
| 27        | Sat | 4:40 AM  | 4.90 H  | 11:46 AM | -0.39 L | 5:20 PM  | 4.33 H  | 11:40 PM   | 0.10 I  |
| 28        | Sun | 5:09 AM  | 4.87 H  | 12:22 PM | -0.37 L | 5:53 PM  | 4.44 H  | No PM Low  |         |
| 29        | Mon | 12:23 AM | 0.10 L  | 5:35 AM  | 4.83 H  | 12:57 PM | -0.34 L | 6:22 PM    | 4.59 I  |
| 30        | Tue | 1:06 AM  | 0.14 L  | 6:06 AM  | 4.76 H  | 1:30 PM  | -0.29 L | 6:48 PM    | 4.78 I  |
| 31        | Wed | 1:51 AM  | 0.22 L  | 6:45 AM  | 4.65 H  | 2:03 PM  | -0.22 L | 7:22 PM    | 4.96 I  |

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| Albany |     |          |         |          |         |          |         |            |         |
|--------|-----|----------|---------|----------|---------|----------|---------|------------|---------|
| 1      | Mon | 1:18 AM  | 0.33 L  | 6:23 AM  | 4.92 H  | 2:03 PM  | -0.21 L | 7:32 PM    | 4.38 I  |
| 2      | Tue | 2:01 AM  | 0.39 L  | 7:03 AM  | 4.83 H  | 2:36 PM  | -0.17 L | 8:02 PM    | 4.56 I  |
| 3      | Wed | 2:49 AM  | 0.48 L  | 7:49 AM  | 4.66 H  | 3:10 PM  | -0.12 L | 8:40 PM    | 4.73 I  |
| 4      | Thu | 3:46 AM  | 0.60 L  | 8:40 AM  | 4.41 H  | 3:49 PM  | -0.02 L | 9:27 PM    | 4.84 I  |
| 5      | Fri | 4:54 AM  | 0.70 L  | 9:38 AM  | 4.10 H  | 4:38 PM  | 0.13 L  | 10:21 PM   | 4.88 I  |
| 6      | Sat | 6:06 AM  | 0.71 L  | 10:51 AM | 3.79 H  | 5:43 PM  | 0.28 L  | 11:26 PM   | 4.87 I  |
| 7      | Sun | 7:15 AM  | 0.58 L  | 12:19 PM | 3.62 H  | 6:57 PM  | 0.35 L  | No PM High |         |
| 8      | Mon | 12:39 AM | 4.89 H  | 8:19 AM  | 0.34 L  | 1:32 PM  | 3.64 H  | 8:07 PM    | 0.29 I  |
| 9      | Tue | 1:46 AM  | 4.98 H  | 9:19 AM  | 0.03 L  | 2:34 PM  | 3.79 H  | 9:11 PM    | 0.12 I  |
| 10     | Wed | 2:46 AM  | 5.11 H  | 10:14 AM | -0.27 L | 3:30 PM  | 3.99 H  | 10:10 PM   | -0.08 I |
| 11     | Thu | 3:42 AM  | 5.22 H  | 11:06 AM | -0.51 L | 4:23 PM  | 4.18 H  | 11:05 PM   | -0.26 I |
| 12     | Fri | 4:35 AM  | 5.25 H  | 11:54 AM | -0.66 L | 5:14 PM  | 4.33 H  | 11:57 PM   | -0.35 I |
| 13     | Sat | 5:26 AM  | 5.20 H  | 12:41 PM | -0.72 L | 6:06 PM  | 4.44 H  | No PM Low  |         |
| 14     | Sun | 12:49 AM | -0.35 L | 06:19 AM | 5.08 H  | 1:26 PM  | -0.69 L | 6:58 PM    | 4.52 I  |
| 15     | Mon | 1:40 AM  | -0.26 L | 07:12 AM | 4.90 H  | 2:11 PM  | -0.59 L | 7:51 PM    | 4.59 I  |
| 16     | Tue | 2:32 AM  | -0.11 L | 08:06 AM | 4.68 H  | 2:55 PM  | -0.43 L | 8:43 PM    | 4.64 I  |
| 17     | Wed | 3:25 AM  | 0.07 L  | 9:01 AM  | 4.45 H  | 3:39 PM  | -0.24 L | 9:35 PM    | 4.66 I  |
| 18     | Thu | 4:20 AM  | 0.24 L  | 9:56 AM  | 4.22 H  | 4:24 PM  | -0.02 L | 10:27 PM   | 4.64 I  |
| 19     | Fri | 5:17 AM  | 0.34 L  | 10:52 AM | 4.01 H  | 5:11 PM  | 0.20 L  | 11:20 PM   | 4.61 I  |
| 20     | Sat | 6:15 AM  | 0.36 L  | 11:49 AM | 3.85 H  | 6:02 PM  | 0.38 L  | No PM High |         |
| 21     | Sun | 12:14 AM | 4.59 H  | 7:12 AM  | 0.29 L  | 12:46 PM | 3.79 H  | 6:54 PM    | 0.48 I  |
| 22     | Mon | 1:07 AM  | 4.61 H  | 8:07 AM  | 0.15 L  | 1:42 PM  | 3.82 H  | 7:47 PM    | 0.50 I  |
| 23     | Tue | 1:59 AM  | 4.68 H  | 8:57 AM  | -0.02 L | 2:34 PM  | 3.92 H  | 8:39 PM    | 0.44 I  |
| 24     | Wed | 2:46 AM  | 4.78 H  | 9:44 AM  | -0.19 L | 3:21 PM  | 4.04 H  | 9:27 PM    | 0.34 I  |
| 25     | Thu | 3:28 AM  | 4.86 H  | 10:28 AM | -0.31 L | 4:04 PM  | 4.15 H  | 10:14 PM   | 0.23 I  |
| 26     | Fri | 4:06 AM  | 4.90 H  | 11:08 AM | -0.37 L | 4:44 PM  | 4.24 H  | 10:58 PM   | 0.14 I  |
| 27     | Sat | 4:40 AM  | 4.90 H  | 11:46 AM | -0.39 L | 5:20 PM  | 4.33 H  | 11:40 PM   | 0.10 I  |
| 28     | Sun | 5:09 AM  | 4.87 H  | 12:22 PM | -0.37 L | 5:53 PM  | 4.44 H  | No PM Low  |         |
| 29     | Mon | 12:23 AM | 0.10 L  | 5:35 AM  | 4.83 H  | 12:57 PM | -0.34 L | 6:22 PM    | 4.59 I  |
| 30     | Tue | 1:06 AM  | 0.14 L  | 6:06 AM  | 4.76 H  | 1:30 PM  | -0.29 L | 6:48 PM    | 4.78 I  |
| 31     | Wed | 1:51 AM  | 0.22 L  | 6:45 AM  | 4.65 H  | 2:03 PM  | -0.22 L | 7:22 PM    | 4.96 I  |

August  
TIDES

| Troy |     |          |         |          |         |         |         |            |       |
|------|-----|----------|---------|----------|---------|---------|---------|------------|-------|
| 1    | Mon | 1:57 AM  | 0.23 L  | 6:48 AM  | 5.12 H  | 2:42 PM | -0.31 L | 7:57 PM    | 4.58  |
| 2    | Tue | 2:40 AM  | 0.29 L  | 7:28 AM  | 5.02 H  | 3:15 PM | -0.27 L | 8:27 PM    | 4.76  |
| 3    | Wed | 3:28 AM  | 0.38 L  | 8:14 AM  | 4.85 H  | 3:49 PM | -0.21 L | 9:05 PM    | 4.93  |
| 4    | Thu | 4:25 AM  | 0.50 L  | 9:05 AM  | 4.61 H  | 4:28 PM | -0.11 L | 9:52 PM    | 5.04  |
| 5    | Fri | 5:33 AM  | 0.61 L  | 10:03 AM | 4.29 H  | 5:17 PM | 0.03 L  | 10:46 PM   | 5.08  |
| 6    | Sat | 6:45 AM  | 0.61 L  | 11:16 AM | 3.99 H  | 6:22 PM | 0.18 L  | 11:51 PM   | 5.07  |
| 7    | Sun | 7:54 AM  | 0.49 L  | 12:44 PM | 3.82 H  | 7:36 PM | 0.25 L  | No PM High |       |
| 8    | Mon | 1:04 AM  | 5.09 H  | 8:58 AM  | 0.24 L  | 1:57 PM | 3.84 H  | 8:46 PM    | 0.19  |
| 9    | Tue | 2:11 AM  | 5.18 H  | 9:58 AM  | -0.07 L | 2:59 PM | 3.99 H  | 9:50 PM    | 0.03  |
| 10   | Wed | 3:11 AM  | 5.31 H  | 10:53 AM | -0.37 L | 3:55 PM | 4.19 H  | 10:49 PM   | -0.18 |
| 11   | Thu | 4:07 AM  | 5.41 H  | 11:45 AM | -0.61 L | 4:48 PM | 4.38 H  | 11:44 PM   | -0.35 |
| 12   | Fri | 5:00 AM  | 5.45 H  | 12:33 PM | -0.76 L | 5:39 PM | 4.52 H  | No PM Low  |       |
| 13   | Sat | 12:36 AM | -0.45 L | 05:51 AM | 5.40 H  | 1:20 PM | -0.82 L | 6:31 PM    | 4.63  |
| 14   | Sun | 1:28 AM  | -0.45 L | 06:44 AM | 5.28 H  | 2:05 PM | -0.79 L | 7:23 PM    | 4.72  |
| 15   | Mon | 2:19 AM  | -0.36 L | 07:37 AM | 5.09 H  | 2:50 PM | -0.69 L | 8:16 PM    | 4.79  |
| 16   | Tue | 3:11 AM  | -0.20 L | 08:31 AM | 4.88 H  | 3:34 PM | -0.53 L | 9:08 PM    | 4.83  |
| 17   | Wed | 4:04 AM  | -0.03 L | 09:26 AM | 4.65 H  | 4:18 PM | -0.33 L | 10:00 PM   | 4.85  |
| 18   | Thu | 4:59 AM  | 0.14 L  | 10:21 AM | 4.42 H  | 5:03 PM | -0.11 L | 10:52 PM   | 4.84  |
| 19   | Fri | 5:56 AM  | 0.24 L  | 11:17 AM | 4.20 H  | 5:50 PM | 0.10 L  | 11:45 PM   | 4.81  |
| 20   | Sat | 6:54 AM  | 0.27 L  | 12:14 PM | 4.05 H  | 6:41 PM | 0.28 L  | No PM High |       |
| 21   | Sun | 12:39 AM | 4.79 H  | 7:51 AM  | 0.20 L  | 1:11 PM | 3.98 H  | 7:33 PM    | 0.38  |
| 22   | Mon | 1:32 AM  | 4.81 H  | 8:46 AM  | 0.05 L  | 2:07 PM | 4.01 H  | 8:26 PM    | 0.40  |
| 23   | Tue | 2:24 AM  | 4.88 H  | 9:36 AM  | -0.12 L | 2:59 PM | 4.11 H  | 9:18 PM    | 0.34  |
| 24   | Wed | 3:11 AM  | 4.97 H  | 10:23 AM | -0.29 L | 3:46 PM | 4.23 H  | 10:06 PM   | 0.24  |
| 25   | Thu | 3:53 AM  | 5.05 H  | 11:07 AM | -0.41 L | 4:29 PM | 4.34 H  | 10:53 PM   | 0.13  |
| 26   | Fri | 4:31 AM  | 5.10 H  | 11:47 AM | -0.47 L | 5:09 PM | 4.44 H  | 11:37 PM   | 0.05  |
| 27   | Sat | 5:05 AM  | 5.10 H  | 12:25 PM | -0.49 L | 5:45 PM | 4.53 H  | No PM Low  |       |
| 28   | Sun | 12:19 AM | 0.00 L  | 5:34 AM  | 5.07 H  | 1:01 PM | -0.47 L | 6:18 PM    | 4.64  |
| 29   | Mon | 1:02 AM  | -0.00 L | 06:00 AM | 5.02 H  | 1:36 PM | -0.43 L | 6:47 PM    | 4.79  |
| 30   | Tue | 1:45 AM  | 0.04 L  | 6:31 AM  | 4.96 H  | 2:09 PM | -0.38 L | 7:13 PM    | 4.98  |
| 31   | Wed | 2:30 AM  | 0.12 L  | 7:10 AM  | 4.84 H  | 2:42 PM | -0.32 L | 7:47 PM    | 5.16  |