

The Battery										
1	Wed	5:07 AM	4.31 H	11:39 AM	0.27 L	5:38 PM	3.63 H	11:34 PM	0.41 L	
2	Thu	5:59 AM	4.41 H	12:26 PM	0.15 L	6:27 PM	3.79 H	No PM Low		
3	Fri	12:21 AM	0.33 L	6:44 AM	4.54 H	1:11 PM	0.03 L	7:11 PM	3.94 H	
4	Sat	1:06 AM	0.22 L	7:24 AM	4.64 H	1:52 PM	-0.08 L	7:51 PM	4.04 H	
5	Sun	1:48 AM	0.12 L	8:00 AM	4.70 H	2:32 PM	-0.16 L	8:30 PM	4.10 H	
6	Mon	2:28 AM	0.05 L	8:34 AM	4.70 H	3:08 PM	-0.20 L	9:06 PM	4.12 H	
7	Tue	3:06 AM	0.04 L	9:06 AM	4.63 H	3:42 PM	-0.17 L	9:41 PM	4.11 H	
8	Wed	3:41 AM	0.09 L	9:36 AM	4.50 H	4:13 PM	-0.09 L	10:14 PM	4.12 H	
9	Thu	4:15 AM	0.18 L	10:05 AM	4.35 H	4:40 PM	0.02 L	10:46 PM	4.15 H	
10	Fri	4:49 AM	0.31 L	10:39 AM	4.18 H	5:05 PM	0.15 L	11:20 PM	4.21 H	
11	Sat	5:27 AM	0.46 L	11:21 AM	4.00 H	5:34 PM	0.29 L	11:59 PM	4.30 H	
12	Sun	6:19 AM	0.61 L	12:09 PM	3.82 H	6:16 PM	0.44 L	No PM High		
13	Mon	12:46 AM	4.38 H	7:38 AM	0.71 L	1:05 PM	3.67 H	7:23 PM	0.57 L	
14	Tue	1:42 AM	4.45 H	8:59 AM	0.62 L	2:10 PM	3.57 H	8:55 PM	0.55 L	
15	Wed	2:48 AM	4.54 H	10:06 AM	0.37 L	3:27 PM	3.60 H	10:07 PM	0.33 L	
16	Thu	4:05 AM	4.72 H	11:05 AM	0.05 L	4:47 PM	3.82 H	11:10 PM	0.02 L	
17	Fri	5:18 AM	5.03 H	12:02 PM	-0.31 L	5:54 PM	4.17 H	No PM Low		
18	Sat	12:09 AM	-0.33 L	06:19 AM	5.37 H	12:55 PM	-0.65 L	6:50 PM	4.56 H	
19	Sun	1:05 AM	-0.64 L	07:13 AM	5.63 H	1:46 PM	-0.94 L	7:41 PM	4.89 H	
20	Mon	1:59 AM	-0.87 L	08:03 AM	5.74 H	2:34 PM	-1.12 L	8:31 PM	5.12 H	
21	Tue	2:50 AM	-0.96 L	08:52 AM	5.67 H	3:20 PM	-1.16 L	9:21 PM	5.22 H	
22	Wed	3:40 AM	-0.90 L	09:42 AM	5.45 H	4:05 PM	-1.03 L	10:12 PM	5.21 H	
23	Thu	4:29 AM	-0.67 L	10:34 AM	5.11 H	4:48 PM	-0.74 L	11:03 PM	5.10 H	
24	Fri	5:20 AM	-0.32 L	11:26 AM	4.72 H	5:33 PM	-0.33 L	11:53 PM	4.91 H	
25	Sat	6:14 AM	0.08 L	12:18 PM	4.32 H	6:22 PM	0.13 L	No PM High		
26	Sun	12:43 AM	4.67 H	7:16 AM	0.43 L	1:12 PM	3.96 H	7:18 PM	0.54 L	
27	Mon	1:34 AM	4.41 H	8:21 AM	0.65 L	2:08 PM	3.69 H	8:21 PM	0.82 L	
28	Tue	2:30 AM	4.19 H	9:24 AM	0.72 L	3:09 PM	3.53 H	9:23 PM	0.93 L	

February
Tides

Spuyten Duyvil										
1	Wed	5:59 AM	3.62 H	12:27 PM	0.22 L	6:30 PM	3.05 H	No PM Low		
2	Thu	12:22 AM	0.35 L	6:51 AM	3.71 H	1:14 PM	0.13 L	7:19 PM	3.18 H	
3	Fri	1:09 AM	0.27 L	7:36 AM	3.81 H	1:59 PM	0.02 L	8:03 PM	3.31 H	
4	Sat	1:54 AM	0.18 L	8:16 AM	3.90 H	2:40 PM	-0.07 L	8:43 PM	3.40 H	
5	Sun	2:36 AM	0.10 L	8:52 AM	3.95 H	3:20 PM	-0.14 L	9:22 PM	3.44 H	
6	Mon	3:16 AM	0.04 L	9:26 AM	3.94 H	3:56 PM	-0.16 L	9:58 PM	3.46 H	
7	Tue	3:54 AM	0.03 L	9:58 AM	3.89 H	4:30 PM	-0.14 L	10:33 PM	3.46 H	
8	Wed	4:29 AM	0.07 L	10:28 AM	3.78 H	5:01 PM	-0.08 L	11:06 PM	3.46 H	
9	Thu	5:03 AM	0.15 L	10:57 AM	3.65 H	5:28 PM	0.02 L	11:38 PM	3.48 H	
10	Fri	5:37 AM	0.26 L	11:31 AM	3.51 H	5:53 PM	0.13 L	No PM High		
11	Sat	12:12 AM	3.54 H	6:15 AM	0.39 L	12:13 PM	3.36 H	6:22 PM	0.24 L	
12	Sun	12:51 AM	3.61 H	7:07 AM	0.52 L	1:01 PM	3.21 H	7:04 PM	0.37 L	
13	Mon	1:38 AM	3.68 H	8:26 AM	0.59 L	1:57 PM	3.08 H	8:11 PM	0.48 L	
14	Tue	2:34 AM	3.74 H	9:47 AM	0.52 L	3:02 PM	3.00 H	9:43 PM	0.46 L	
15	Wed	3:40 AM	3.81 H	10:54 AM	0.31 L	4:19 PM	3.02 H	10:55 PM	0.28 L	
16	Thu	4:57 AM	3.97 H	11:53 AM	0.04 L	5:39 PM	3.21 H	11:58 PM	0.02 L	
17	Fri	6:10 AM	4.22 H	12:50 PM	-0.26 L	6:46 PM	3.51 H	No PM Low		
18	Sat	12:57 AM	-0.27 L	07:11 AM	4.51 H	1:43 PM	-0.55 L	7:42 PM	3.83 H	
19	Sun	1:53 AM	-0.54 L	08:05 AM	4.73 H	2:34 PM	-0.79 L	8:33 PM	4.11 H	
20	Mon	2:47 AM	-0.73 L	08:55 AM	4.82 H	3:22 PM	-0.94 L	9:23 PM	4.30 H	
21	Tue	3:38 AM	-0.81 L	09:44 AM	4.76 H	4:08 PM	-0.97 L	10:13 PM	4.38 H	
22	Wed	4:28 AM	-0.75 L	10:34 AM	4.58 H	4:53 PM	-0.86 L	11:04 PM	4.37 H	
23	Thu	5:17 AM	-0.56 L	11:26 AM	4.29 H	5:36 PM	-0.62 L	11:55 PM	4.28 H	
24	Fri	6:08 AM	-0.27 L	12:18 PM	3.96 H	6:21 PM	-0.28 L	No PM High		
25	Sat	12:45 AM	4.13 H	7:02 AM	0.07 L	1:10 PM	3.63 H	7:10 PM	0.11 L	
26	Sun	1:35 AM	3.92 H	8:04 AM	0.36 L	2:04 PM	3.33 H	8:06 PM	0.46 L	
27	Mon	2:26 AM	3.71 H	9:09 AM	0.55 L	3:00 PM	3.10 H	9:09 PM	0.69 L	
28	Tue	3:22 AM	3.52 H	10:12 AM	0.60 L	4:01 PM	2.97 H	10:11 PM	0.78 L	

PANCO PETROLEUM CO.800.477.4645

Open 7 days a week: 7am to 7pm
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23 GRASSY POINT RD, STONY POINT, NY 10980
WWW.PANCO.COM

LATITUDE: 41° 13' 28.1845"
LONGITUDE: -73° 57' 54.9767"

Tarrytown										
1	Wed	12:42 AM	0.32 L	6:56 AM	3.02 H	1:36 PM	0.19 L	7:27 PM	2.54 H	
2	Thu	1:31 AM	0.29 L	7:48 AM	3.09 H	2:23 PM	0.10 L	8:16 PM	2.65 H	
3	Fri	2:18 AM	0.23 L	8:33 AM	3.18 H	3:08 PM	0.02 L	9:00 PM	2.75 H	
4	Sat	3:03 AM	0.15 L	9:13 AM	3.25 H	3:49 PM	-0.06 L	9:40 PM	2.83 H	
5	Sun	3:45 AM	0.08 L	9:49 AM	3.29 H	4:29 PM	-0.11 L	10:19 PM	2.87 H	
6	Mon	4:25 AM	0.04 L	10:23 AM	3.29 H	5:05 PM	-0.14 L	10:55 PM	2.88 H	
7	Tue	5:03 AM	0.03 L	10:55 AM	3.24 H	5:39 PM	-0.12 L	11:30 PM	2.88 H	
8	Wed	5:38 AM	0.06 L	11:25 AM	3.15 H	6:10 PM	-0.06 L	No PM High		
9	Thu	12:03 AM	2.88 H	6:12 AM	0.13 L	11:54 AM	3.04 H	6:37 PM	0.02 L	
10	Fri	12:35 AM	2.90 H	6:46 AM	0.22 L	12:28 PM	2.92 H	7:02 PM	0.11 L	
11	Sat	1:09 AM	2.95 H	7:24 AM	0.32 L	1:10 PM	2.80 H	7:31 PM	0.20 L	
12	Sun	1:48 AM	3.01 H	8:16 AM	0.43 L	1:58 PM	2.68 H	8:13 PM	0.30 L	
13	Mon	2:35 AM	3.06 H	9:35 AM	0.49 L	2:54 PM	2.57 H	9:20 PM	0.40 L	
14	Tue	3:31 AM	3.11 H	10:56 AM	0.43 L	3:59 PM	2.50 H	10:52 PM	0.38 L	
15	Wed	4:37 AM	3.18 H	12:03 PM	0.26 L	5:16 PM	2.52 H	No PM Low		
16	Thu	12:04 AM	0.23 L	5:54 AM	3.31 H	1:02 PM	0.03 L	6:36 PM	2.67 H	
17	Fri	1:07 AM	0.01 L	7:07 AM	3.52 H	1:59 PM	-0.22 L	7:43 PM	2.92 H	
18	Sat	2:06 AM	-0.23 L	08:08 AM	3.76 H	2:52 PM	-0.46 L	8:39 PM	3.19 H	
19	Sun	3:02 AM	-0.45 L	09:02 AM	3.94 H	3:43 PM	-0.66 L	9:30 PM	3.42 H	
20	Mon	3:56 AM	-0.61 L	09:52 AM	4.02 H	4:31 PM	-0.79 L	10:20 PM	3.58 H	
21	Tue	4:47 AM	-0.68 L	10:41 AM	3.97 H	5:17 PM	-0.81 L	11:10 PM	3.65 H	
22	Wed	5:37 AM	-0.63 L	11:31 AM	3.81 H	6:02 PM	-0.72 L	No PM High		
23	Thu	12:01 AM	3.65 H	6:26 AM	-0.47 L	12:23 PM	3.58 H	6:45 PM	-0.52 L	
24	Fri	12:52 AM	3.57 H	7:17 AM	-0.22 L	1:15 PM	3.30 H	7:30 PM	-0.23 L	
25	Sat	1:42 AM	3.44 H	8:11 AM	0.05 L	2:07 PM	3.02 H	8:19 PM	0.09 L	
26	Sun	2:32 AM	3.27 H	9:13 AM	0.30 L	3:01 PM	2.77 H	9:15 PM	0.38 L	
27	Mon	3:23 AM	3.09 H	10:18 AM	0.45 L	3:57 PM	2.58 H	10:18 PM	0.58 L	
28	Tue	4:19 AM	2.93 H	11:21 AM	0.50 L	4:58 PM	2.47 H	11:20 PM	0.65 L	

February
Tides

Haverstraw										
1	Wed	1:27 AM	0.11 L	7:44 AM	3.15 H	2:33 PM	0.12 L	8:10 PM	2.64 H	
2	Thu	2:15 AM	0.12 L	8:33 AM	3.31 H	3:21 PM	0.08 L	8:59 PM	2.78 H	
3	Fri	3:01 AM	0.12 L	9:16 AM	3.43 H	4:05 PM	0.04 L	9:43 PM	2.90 H	
4	Sat	3:46 AM	0.10 L	9:54 AM	3.51 H	4:46 PM	-0.01 L	10:24 PM	2.96 H	
5	Sun	4:29 AM	0.06 L	10:29 AM	3.52 H	5:23 PM	-0.05 L	11:01 PM	2.96 H	
6	Mon	5:09 AM	0.03 L	11:01 AM	3.47 H	5:58 PM	-0.08 L	11:36 PM	2.93 H	
7	Tue	5:47 AM	-0.00 L	11:32 AM	3.37 H	6:30 PM	-0.11 L	No PM High		
8	Wed	12:08 AM	2.90 H	6:23 AM	-0.01 L	12:02 PM	3.24 H	6:59 PM	-0.13 L	
9	Thu	12:38 AM	2.88 H	6:57 AM	0.03 L	12:34 PM	3.09 H	7:24 PM	-0.13 L	
10	Fri	1:11 AM	2.89 H	7:33 AM	0.10 L	1:11 PM	2.92 H	7:48 PM	-0.12 L	
11	Sat	1:49 AM	2.94 H	8:13 AM	0.21 L	1:55 PM	2.74 H	8:18 PM	-0.08 L	
12	Sun	2:34 AM	3.01 H	9:06 AM	0.36 L	2:46 PM	2.59 H	8:59 PM	0.00 L	
13	Mon	3:25 AM	3.07 H	10:24 AM	0.50 L	3:44 PM	2.47 H	9:57 PM	0.11 L	
14	Tue	4:22 AM	3.13 H	11:49 AM	0.54 L	4:50 PM	2.42 H	11:21 PM	0.18 L	
15	Wed	5:28 AM	3.20 H	12:59 PM	0.46 L	6:06 PM	2.49 H	No PM Low		
16	Thu	12:44 AM	0.12 L	6:41 AM	3.33 H	1:59 PM	0.32 L	7:19 PM	2.69 H	
17	Fri	1:51 AM	-0.03 L	07:48 AM	3.52 H	2:54 PM	0.14 L	8:20 PM	2.95 H	
18	Sat	2:50 AM	-0.21 L	08:46 AM	3.71 H	3:45 PM	-0.04 L	9:14 PM	3.20 H	
19	Sun	3:47 AM	-0.38 L	09:38 AM	3.83 H	4:35 PM	-0.20 L	10:05 PM	3.38 H	
20	Mon	4:41 AM	-0.50 L	10:28 AM	3.85 H	5:21 PM	-0.34 L	10:54 PM	3.48 H	
21	Tue	5:33 AM	-0.56 L	11:17 AM	3.78 H	6:05 PM	-0.41 L	11:42 PM	3.49 H	
22	Wed	6:22 AM	-0.51 L	12:05 PM	3.63 H	6:47 PM	-0.41 L	No PM High		
23	Thu	12:31 AM	3.45 H	7:11 AM	-0.38 L	12:54 PM	3.40 H	7:29 PM	-0.33 L	
24	Fri	1:22 AM	3.36 H	8:03 AM	-0.17 L	1:47 PM	3.15 H	8:12 PM	-0.18 L	
25	Sat	2:16 AM	3.26 H	9:00 AM	0.07 L	2:43 PM	2.91 H	8:59 PM	0.01 L	
26	Sun	3:10 AM	3.17 H	10:02 AM	0.29 L	3:40 PM	2.71 H	9:52 PM	0.22 L	
27	Mon	4:05 AM	3.09 H	11:08 AM	0.43 L	4:39 PM	2.58 H	10:52 PM	0.40 L	
28	Tue	5:04 AM	3.04 H	12:14 PM	0.46 L	5:43 PM	2.54 H	11:56 PM	0.48 L	

Peekskill										
1	Wed	1:48 AM	0.29 L	7:35 AM	2.76 H	2:42 PM	0.17 L	8:06 PM	2.32 H	
2	Thu	2:37 AM	0.27 L	8:27 AM	2.82 H	3:29 PM	0.10 L	8:55 PM	2.42 H	
3	Fri	3:24 AM	0.21 L	9:12 AM	2.90 H	4:14 PM	0.02 L	9:39 PM	2.52 H	
4	Sat	4:09 AM	0.14 L	9:52 AM	2.97 H	4:55 PM	-0.05 L	10:19 PM	2.59 H	
5	Sun	4:51 AM	0.07 L	10:28 AM	3.01 H	5:35 PM	-0.10 L	10:58 PM	2.63 H	
6	Mon	5:31 AM	0.03 L	11:02 AM	3.01 H	6:11 PM	-0.13 L	11:34 PM	2.63 H	
7	Tue	6:09 AM	0.03 L	11:34 AM	2.96 H	6:45 PM	-0.11 L	No PM High		
8	Wed	12:09 AM	2.63 H	6:44 AM	0.06 L	12:04 PM	2.88 H	7:16 PM	-0.06 L	
9	Thu	12:42 AM	2.63 H	7:18 AM	0.12 L	12:33 PM	2.78 H	7:43 PM	0.01 L	
10	Fri	1:14 AM	2.65 H	7:52 AM	0.20 L	1:07 PM	2.67 H	8:08 PM	0.10 L	
11	Sat	1:48 AM	2.70 H	8:30 AM	0.29 L	1:49 PM	2.56 H	8:37 PM	0.18 L	
12	Sun	2:27 AM	2.75 H	9:22 AM	0.39 L	2:37 PM	2.45 H	9:19 PM	0.28 L	
13	Mon	3:14 AM	2.80 H	10:41 AM	0.45 L	3:33 PM	2.35 H	10:26 PM	0.36 L	
14	Tue	4:10 AM	2.85 H	12:02 PM	0.40 L	4:38 PM	2.29 H	11:58 PM	0.35 L	
15	Wed	5:16 AM	2.91 H	1:09 PM	0.24 L	5:55 PM	2.30 H	No PM Low		
16	Thu	1:10 AM	0.21 L	6:33 AM	3.02 H	2:08 PM	0.03 L	7:15 PM	2.44 H	
17	Fri	2:13 AM	0.01 L	7:46 AM	3.22 H	3:05 PM	-0.20 L	8:22 PM	2.67 H	
18	Sat	3:12 AM	-0.21 L	08:47 AM	3.44 H	3:58 PM	-0.42 L	9:18 PM	2.92 H	
19	Sun	4:08 AM	-0.41 L	09:41 AM	3.60 H	4:49 PM	-0.60 L	10:09 PM	3.13 H	
20	Mon	5:02 AM	-0.56 L	10:31 AM	3.67 H	5:37 PM	-0.72 L	10:59 PM	3.27 H	
21	Tue	5:53 AM	-0.62 L	11:20 AM	3.63 H	6:23 PM	-0.74 L	11:49 PM	3.34 H	
22	Wed	6:43 AM	-0.57 L	12:10 PM	3.49 H	7:08 PM	-0.66 L	No PM High		
23	Thu	12:40 AM	3.33 H	7:32 AM	-0.43 L	1:02 PM	3.27 H	7:51 PM	-0.47 L	
24	Fri	1:31 AM	3.26 H	8:23 AM	-0.20 L	1:54 PM	3.02 H	8:36 PM	-0.21 L	
25	Sat	2:21 AM	3.14 H	9:17 AM	0.05 L	2:46 PM	2.77 H	9:25 PM	0.08 L	
26	Sun	3:11 AM	2.99 H	10:19 AM	0.27 L	3:40 PM	2.54 H	10:21 PM	0.35 L	
27	Mon	4:02 AM	2.82 H	11:24 AM	0.41 L	4:36 PM	2.36 H	11:24 PM	0.53 L	
28	Tue	4:58 AM	2.68 H	12:27 PM	0.46 L	5:37 PM	2.26 H	No PM Low		

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a year

Poughkeepsie										
1	Wed	3:31 AM	0.31 L	9:41 AM	2.93 H	4:25 PM	0.18 L	10:12 PM	2.47 H	
2	Thu	4:20 AM	0.28 L	10:33 AM	3.00 H	5:12 PM	0.10 L	11:01 PM	2.57 H	
3	Fri	5:07 AM	0.22 L	11:18 AM	3.08 H	5:57 PM	0.02 L	11:45 PM	2.67 H	
4	Sat	5:52 AM	0.15 L	11:58 AM	3.16 H	6:38 PM	-0.06 L	No PM High		
5	Sun	12:25 AM	2.75 H	6:34 AM	0.08 L	12:34 PM	3.20 H	7:18 PM	-0.11 L	
6	Mon	1:04 AM	2.79 H	7:14 AM	0.04 L	1:08 PM	3.19 H	7:54 PM	-0.13 L	
7	Tue	1:40 AM	2.80 H	7:52 AM	0.03 L	1:40 PM	3.15 H	8:28 PM	-0.12 L	
8	Wed	2:15 AM	2.80 H	8:27 AM	0.06 L	2:10 PM	3.06 H	8:59 PM	-0.06 L	
9	Thu	2:48 AM	2.80 H	9:01 AM	0.13 L	2:39 PM	2.96 H	9:26 PM	0.02 L	
10	Fri	3:20 AM	2.82 H	9:35 AM	0.21 L	3:13 PM	2.84 H	9:51 PM	0.10 L	
11	Sat	3:54 AM	2.87 H	10:13 AM	0.31 L	3:55 PM	2.72 H	10:20 PM	0.20 L	
12	Sun	4:33 AM	2.92 H	11:05 AM	0.42 L	4:43 PM	2.60 H	11:02 PM	0.30 L	
13	Mon	5:20 AM	2.98 H	12:24 PM	0.48 L	5:39 PM	2.50 H	No PM Low		
14	Tue	12:09 AM	0.39 L	6:16 AM	3.02 H	1:45 PM	0.42 L	6:44 PM	2.43 H	
15	Wed	1:41 AM	0.37 L	7:22 AM	3.09 H	2:52 PM	0.25 L	8:01 PM	2.45 H	
16	Thu	2:53 AM	0.23 L	8:39 AM	3.21 H	3:51 PM	0.03 L	9:21 PM	2.60 H	
17	Fri	3:56 AM	0.01 L	9:52 AM	3.42 H	4:48 PM	-0.21 L	10:28 PM	2.84 H	
18	Sat	4:55 AM	-0.22 L	10:53 AM	3.65 H	5:41 PM	-0.44 L	11:24 PM	3.10 H	
19	Sun	5:51 AM	-0.44 L	11:47 AM	3.83 H	6:32 PM	-0.64 L	No PM High		
20	Mon	12:15 AM	3.33 H	6:45 AM	-0.59 L	12:37 PM	3.90 H	7:20 PM	-0.76 L	
21	Tue	1:05 AM	3.48 H	7:36 AM	-0.66 L	1:26 PM	3.86 H	8:06 PM	-0.79 L	
22	Wed	1:55 AM	3.55 H	8:26 AM	-0.61 L	2:16 PM	3.71 H	8:51 PM	-0.70 L	
23	Thu	2:46 AM	3.54 H	9:15 AM	-0.45 L	3:08 PM	3.48 H	9:34 PM	-0.50 L	
24	Fri	3:37 AM	3.47 H	10:06 AM	-0.22 L	4:00 PM	3.21 H	10:19 PM	-0.22 L	
25	Sat	4:27 AM	3.34 H	11:00 AM	0.05 L	4:52 PM	2.94 H	11:08 PM	0.09 L	
26	Sun	5:17 AM	3.18 H	12:02 PM	0.29 L	5:46 PM	2.69 H	No PM Low		
27	Mon	12:04 AM	0.37 L	6:08 AM	3.00 H	1:07 PM	0.44 L	6:42 PM	2.51 H	
28	Tue	1:07 AM	0.56 L	7:04 AM	2.85 H	2:10 PM	0.49 L	7:43 PM	2.40 H	

TIDES

February

TIDES

Newburgh										
1	Wed	2:48 AM	0.29 L	8:53 AM	2.67 H	3:42 PM	0.17 L	9:24 PM	2.25 H	
2	Thu	3:37 AM	0.27 L	9:45 AM	2.73 H	4:29 PM	0.10 L	10:13 PM	2.35 H	
3	Fri	4:24 AM	0.21 L	10:30 AM	2.81 H	5:14 PM	0.02 L	10:57 PM	2.44 H	
4	Sat	5:09 AM	0.14 L	11:10 AM	2.88 H	5:55 PM	-0.05 L	11:37 PM	2.51 H	
5	Sun	5:51 AM	0.07 L	11:46 AM	2.92 H	6:35 PM	-0.10 L	No PM High		
6	Mon	12:16 AM	2.54 H	6:31 AM	0.03 L	12:20 PM	2.91 H	7:11 PM	-0.13 L	
7	Tue	12:52 AM	2.55 H	7:09 AM	0.03 L	12:52 PM	2.87 H	7:45 PM	-0.11 L	
8	Wed	1:27 AM	2.55 H	7:44 AM	0.06 L	1:22 PM	2.79 H	8:16 PM	-0.06 L	
9	Thu	2:00 AM	2.55 H	8:18 AM	0.12 L	1:51 PM	2.70 H	8:43 PM	0.01 L	
10	Fri	2:32 AM	2.57 H	8:52 AM	0.20 L	2:25 PM	2.59 H	9:08 PM	0.10 L	
11	Sat	3:06 AM	2.61 H	9:30 AM	0.29 L	3:07 PM	2.48 H	9:37 PM	0.18 L	
12	Sun	3:45 AM	2.66 H	10:22 AM	0.39 L	3:55 PM	2.37 H	10:19 PM	0.28 L	
13	Mon	4:32 AM	2.71 H	11:41 AM	0.45 L	4:51 PM	2.28 H	11:26 PM	0.36 L	
14	Tue	5:28 AM	2.76 H	1:02 PM	0.40 L	5:56 PM	2.22 H	No PM Low		
15	Wed	12:58 AM	0.35 L	6:34 AM	2.81 H	2:09 PM	0.24 L	7:13 PM	2.23 H	
16	Thu	2:10 AM	0.21 L	7:51 AM	2.93 H	3:08 PM	0.03 L	8:33 PM	2.37 H	
17	Fri	3:13 AM	0.01 L	9:04 AM	3.12 H	4:05 PM	-0.20 L	9:40 PM	2.59 H	
18	Sat	4:12 AM	-0.21 L	10:05 AM	3.33 H	4:58 PM	-0.42 L	10:36 PM	2.83 H	
19	Sun	5:08 AM	-0.41 L	10:59 AM	3.49 H	5:49 PM	-0.60 L	11:27 PM	3.03 H	
20	Mon	6:02 AM	-0.56 L	11:49 AM	3.56 H	6:37 PM	-0.72 L	No PM High		
21	Tue	12:17 AM	3.17 H	6:53 AM	-0.62 L	12:38 PM	3.52 H	7:23 PM	-0.74 L	
22	Wed	1:07 AM	3.23 H	7:43 AM	-0.57 L	1:28 PM	3.38 H	8:08 PM	-0.66 L	
23	Thu	1:58 AM	3.23 H	8:32 AM	-0.43 L	2:20 PM	3.17 H	8:51 PM	-0.47 L	
24	Fri	2:49 AM	3.16 H	9:23 AM	-0.20 L	3:12 PM	2.93 H	9:36 PM	-0.21 L	
25	Sat	3:39 AM	3.04 H	10:17 AM	0.05 L	4:04 PM	2.68 H	10:25 PM	0.08 L	
26	Sun	4:29 AM	2.90 H	11:19 AM	0.27 L	4:58 PM	2.46 H	11:21 PM	0.35 L	
27	Mon	5:20 AM	2.74 H	12:24 PM	0.41 L	5:54 PM	2.29 H	No PM Low		
28	Tue	12:24 AM	0.53 L	6:16 AM	2.60 H	1:27 PM	0.46 L	6:55 PM	2.19 H	



Kingston										
1	Wed	4:19 AM	0.37 L	10:27 AM	3.49 H	5:13 PM	0.22 L	10:58 PM	2.94 H	
2	Thu	5:08 AM	0.34 L	11:19 AM	3.57 H	6:00 PM	0.12 L	11:47 PM	3.07 H	
3	Fri	5:55 AM	0.27 L	12:04 PM	3.67 H	6:45 PM	0.02 L	No PM High		
4	Sat	12:31 AM	3.19 H	6:40 AM	0.18 L	12:44 PM	3.76 H	7:26 PM	-0.07 L	
5	Sun	1:11 AM	3.27 H	7:22 AM	0.10 L	1:20 PM	3.81 H	8:06 PM	-0.13 L	
6	Mon	1:50 AM	3.32 H	8:02 AM	0.04 L	1:54 PM	3.80 H	8:42 PM	-0.16 L	
7	Tue	2:26 AM	3.33 H	8:40 AM	0.03 L	2:26 PM	3.75 H	9:16 PM	-0.14 L	
8	Wed	3:01 AM	3.33 H	9:15 AM	0.07 L	2:56 PM	3.65 H	9:47 PM	-0.07 L	
9	Thu	3:34 AM	3.33 H	9:49 AM	0.15 L	3:25 PM	3.52 H	10:14 PM	0.02 L	
10	Fri	4:06 AM	3.36 H	10:23 AM	0.25 L	3:59 PM	3.38 H	10:39 PM	0.13 L	
11	Sat	4:40 AM	3.41 H	11:01 AM	0.38 L	4:41 PM	3.24 H	11:08 PM	0.24 L	
12	Sun	5:19 AM	3.48 H	11:53 AM	0.50 L	5:29 PM	3.10 H	11:50 PM	0.36 L	
13	Mon	6:06 AM	3.54 H	1:12 PM	0.58 L	6:25 PM	2.97 H	No PM Low		
14	Tue	12:57 AM	0.46 L	7:02 AM	3.60 H	2:33 PM	0.51 L	7:30 PM	2.90 H	
15	Wed	2:29 AM	0.45 L	8:08 AM	3.68 H	3:40 PM	0.31 L	8:47 PM	2.92 H	
16	Thu	3:41 AM	0.27 L	9:25 AM	3.83 H	4:39 PM	0.04 L	10:07 PM	3.09 H	
17	Fri	4:44 AM	0.02 L	10:38 AM	4.07 H	5:36 PM	-0.25 L	11:14 PM	3.38 H	
18	Sat	5:43 AM	-0.27 L	11:39 AM	4.35 H	6:29 PM	-0.54 L	No PM High		
19	Sun	12:10 AM	3.69 H	6:39 AM	-0.53 L	12:33 PM	4.56 H	7:20 PM	-0.77 L	
20	Mon	1:01 AM	3.96 H	7:33 AM	-0.71 L	1:23 PM	4.65 H	8:08 PM	-0.92 L	
21	Tue	1:51 AM	4.14 H	8:24 AM	-0.79 L	2:12 PM	4.59 H	8:54 PM	-0.95 L	
22	Wed	2:41 AM	4.23 H	9:14 AM	-0.75 L	3:02 PM	4.41 H	9:39 PM	-0.84 L	
23	Thu	3:32 AM	4.22 H	10:03 AM	-0.55 L	3:54 PM	4.14 H	10:22 PM	-0.60 L	
24	Fri	4:23 AM	4.13 H	10:54 AM	-0.26 L	4:46 PM	3.82 H	11:07 PM	-0.27 L	
25	Sat	5:13 AM	3.98 H	11:48 AM	0.06 L	5:38 PM	3.50 H	11:56 PM	0.10 L	
26	Sun	6:03 AM	3.78 H	12:50 PM	0.35 L	6:32 PM	3.21 H	No PM Low		
27	Mon	12:52 AM	0.45 L	6:54 AM	3.58 H	1:55 PM	0.53 L	7:28 PM	2.98 H	
28	Tue	1:55 AM	0.68 L	7:50 AM	3.40 H	2:58 PM	0.59 L	8:29 PM	2.86 H	

Hudson										
1	Wed	5:57 AM	0.39 L	12:05 PM	3.79 H	6:51 PM	0.23 L	No PM High		
2	Thu	12:36 AM	3.20 H	6:46 AM	0.36 L	12:57 PM	3.88 H	7:38 PM	0.13 L	
3	Fri	1:25 AM	3.33 H	7:33 AM	0.28 L	1:42 PM	3.99 H	8:23 PM	0.02 L	
4	Sat	2:09 AM	3.46 H	8:18 AM	0.19 L	2:22 PM	4.09 H	9:04 PM	-0.07 L	
5	Sun	2:49 AM	3.56 H	9:00 AM	0.10 L	2:58 PM	4.14 H	9:44 PM	-0.14 L	
6	Mon	3:28 AM	3.61 H	9:40 AM	0.04 L	3:32 PM	4.13 H	10:20 PM	-0.17 L	
7	Tue	4:04 AM	3.62 H	10:18 AM	0.04 L	4:04 PM	4.07 H	10:54 PM	-0.15 L	
8	Wed	4:39 AM	3.62 H	10:53 AM	0.08 L	4:34 PM	3.96 H	11:25 PM	-0.08 L	
9	Thu	5:12 AM	3.62 H	11:27 AM	0.16 L	5:03 PM	3.83 H	11:52 PM	0.02 L	
10	Fri	5:44 AM	3.65 H	12:01 PM	0.27 L	5:37 PM	3.68 H	No PM Low		
11	Sat	12:17 AM	0.13 L	6:18 AM	3.71 H	12:39 PM	0.39 L	6:19 PM	3.52 H	
12	Sun	12:46 AM	0.25 L	6:57 AM	3.78 H	1:31 PM	0.53 L	7:07 PM	3.36 H	
13	Mon	1:28 AM	0.38 L	7:44 AM	3.85 H	2:50 PM	0.61 L	8:03 PM	3.23 H	
14	Tue	2:35 AM	0.49 L	8:40 AM	3.92 H	4:11 PM	0.53 L	9:08 PM	3.15 H	
15	Wed	4:07 AM	0.47 L	9:46 AM	4.00 H	5:18 PM	0.32 L	10:25 PM	3.17 H	
16	Thu	5:19 AM	0.29 L	11:03 AM	4.16 H	6:17 PM	0.04 L	11:45 PM	3.36 H	
17	Fri	6:22 AM	0.02 L	12:16 PM	4.42 H	7:14 PM	-0.27 L	No PM High		
18	Sat	12:52 AM	3.67 H	7:21 AM	-0.28 L	1:17 PM	4.72 H	8:07 PM	-0.56 L	
19	Sun	1:48 AM	4.01 H	8:17 AM	-0.55 L	2:11 PM	4.95 H	8:58 PM	-0.81 L	
20	Mon	2:39 AM	4.30 H	9:11 AM	-0.75 L	3:01 PM	5.05 H	9:46 PM	-0.97 L	
21	Tue	3:29 AM	4.50 H	10:02 AM	-0.83 L	3:50 PM	4.99 H	10:32 PM	-1.00 L	
22	Wed	4:19 AM	4.59 H	10:52 AM	-0.77 L	4:40 PM	4.79 H	11:17 PM	-0.88 L	
23	Thu	5:10 AM	4.58 H	11:41 AM	-0.57 L	5:32 PM	4.50 H	No PM Low		
24	Fri	12:00 AM	-0.63 L	06:01 AM	4.49 H	12:32 PM	-0.27 L	6:24 PM	4.15 H	
25	Sat	12:45 AM	-0.28 L	06:51 AM	4.32 H	1:26 PM	0.07 L	7:16 PM	3.80 H	
26	Sun	1:34 AM	0.11 L	7:41 AM	4.11 H	2:28 PM	0.37 L	8:10 PM	3.49 H	
27	Mon	2:30 AM	0.47 L	8:32 AM	3.88 H	3:33 PM	0.56 L	9:06 PM	3.24 H	
28	Tue	3:33 AM	0.71 L	9:28 AM	3.69 H	4:36 PM	0.62 L	10:07 PM	3.11 H	

The Battery									
1	Wed	3:32 AM	4.07 H	10:20 AM	0.67 L	4:13 PM	3.53 H	10:19 PM	0.89 L
2	Thu	4:36 AM	4.09 H	11:11 AM	0.56 L	5:12 PM	3.68 H	11:09 PM	0.75 L
3	Fri	5:33 AM	4.24 H	11:57 AM	0.42 L	6:03 PM	3.89 H	11:57 PM	0.57 L
4	Sat	6:20 AM	4.43 H	12:41 PM	0.25 L	6:47 PM	4.12 H	No PM Low	
5	Sun	12:42 AM	0.37 L	7:00 AM	4.61 H	1:22 PM	0.09 L	7:25 PM	4.32 H
6	Mon	1:24 AM	0.20 L	7:36 AM	4.72 H	2:00 PM	-0.04 L	8:01 PM	4.46 H
7	Tue	2:05 AM	0.07 L	8:08 AM	4.75 H	2:35 PM	-0.11 L	8:34 PM	4.57 H
8	Tue	2:44 AM	-0.01 L	08:38 AM	4.70 H	3:08 PM	-0.12 L	9:04 PM	4.63 H
9	Thu	3:21 AM	-0.03 L	09:07 AM	4.59 H	3:39 PM	-0.06 L	9:32 PM	4.69 H
10	Fri	3:57 AM	0.02 L	9:37 AM	4.44 H	4:06 PM	0.05 L	10:02 PM	4.73 H
11	Sat	4:33 AM	0.13 L	10:14 AM	4.27 H	4:33 PM	0.19 L	10:38 PM	4.75 H
12	Sun	6:13 AM	0.29 L	11:59 AM	4.08 H	6:05 PM	0.36 L	No PM High	
13	Mon	12:24 AM	4.74 H	7:03 AM	0.49 L	12:52 PM	3.91 H	6:49 PM	0.57 L
14	Tue	1:18 AM	4.70 H	8:18 AM	0.65 L	1:53 PM	3.78 H	8:00 PM	0.77 L
15	Wed	2:20 AM	4.66 H	9:38 AM	0.64 L	3:02 PM	3.73 H	9:41 PM	0.77 L
16	Thu	3:31 AM	4.65 H	10:47 AM	0.43 L	4:20 PM	3.83 H	10:55 PM	0.53 L
17	Fri	4:51 AM	4.78 H	11:46 AM	0.13 L	5:37 PM	4.11 H	11:58 PM	0.17 L
18	Sat	6:04 AM	5.04 H	12:41 PM	-0.21 L	6:41 PM	4.53 H	No PM Low	
19	Sun	12:56 AM	-0.19 L	07:05 AM	5.33 H	1:33 PM	-0.53 L	7:35 PM	4.97 H
20	Mon	1:51 AM	-0.50 L	07:57 AM	5.54 H	2:22 PM	-0.78 L	8:24 PM	5.33 H
21	Tue	2:44 AM	-0.72 L	08:45 AM	5.61 H	3:08 PM	-0.90 L	9:10 PM	5.55 H
22	Wed	3:34 AM	-0.80 L	09:32 AM	5.51 H	3:53 PM	-0.87 L	9:55 PM	5.62 H
23	Thu	4:22 AM	-0.74 L	10:19 AM	5.27 H	4:35 PM	-0.68 L	10:41 PM	5.54 H
24	Fri	5:09 AM	-0.53 L	11:09 AM	4.94 H	5:17 PM	-0.35 L	11:28 PM	5.33 H
25	Sat	5:56 AM	-0.21 L	12:00 PM	4.59 H	5:58 PM	0.08 L	No PM High	
26	Sun	12:16 AM	5.05 H	6:46 AM	0.18 L	12:53 PM	4.26 H	6:42 PM	0.55 L
27	Mon	1:05 AM	4.73 H	7:41 AM	0.57 L	1:46 PM	3.98 H	7:35 PM	0.97 L
28	Tue	1:56 AM	4.43 H	8:44 AM	0.85 L	2:41 PM	3.77 H	8:40 PM	0.92 L
29	Wed	2:50 AM	4.18 H	9:49 AM	0.96 L	3:39 PM	3.67 H	9:48 PM	1.34 L
30	Thu	3:51 AM	4.04 H	10:46 AM	0.94 L	4:40 PM	3.69 H	10:48 PM	1.25 L
31	Fri	4:56 AM	4.04 H	11:37 AM	0.82 L	5:39 PM	3.85 H	11:40 PM	1.05 L

800-4-SEATOW

seatow.com

\$199.

Tarrytown									
1	Wed	5:21 AM	2.85 H	12:17 PM	0.47 L	6:02 PM	2.47 H	No PM Low	
2	Thu	12:16 AM	0.62 L	6:25 AM	2.86 H	1:08 PM	0.40 L	7:01 PM	2.57 H
3	Fri	1:06 AM	0.53 L	7:22 AM	2.97 H	1:54 PM	0.29 L	7:52 PM	2.73 H
4	Sat	1:54 AM	0.40 L	8:09 AM	3.10 H	2:38 PM	0.18 L	8:36 PM	2.88 H
5	Sun	2:39 AM	0.26 L	8:49 AM	3.23 H	3:19 PM	0.06 L	9:14 PM	3.02 H
6	Mon	3:21 AM	0.14 L	9:25 AM	3.30 H	3:57 PM	-0.03 L	9:50 PM	3.12 H
7	Tue	4:02 AM	0.05 L	9:57 AM	3.33 H	4:32 PM	-0.08 L	10:23 PM	3.20 H
8	Wed	4:41 AM	-0.01 L	10:27 AM	3.29 H	5:05 PM	-0.08 L	10:53 PM	3.25 H
9	Thu	5:18 AM	-0.02 L	10:56 AM	3.21 H	5:36 PM	-0.04 L	11:21 PM	3.28 H
10	Fri	5:54 AM	0.01 L	11:26 AM	3.11 H	6:03 PM	0.03 L	11:51 PM	3.31 H
11	Sat	6:30 AM	0.09 L	12:03 PM	2.99 H	6:30 PM	0.13 L	No PM High	
12	Sun	12:27 AM	3.33 H	8:10 AM	0.20 L	1:48 PM	2.86 H	8:02 PM	0.26 L
13	Mon	2:13 AM	3.32 H	9:00 AM	0.34 L	2:41 PM	2.74 H	8:46 PM	0.40 L
14	Tue	3:07 AM	3.29 H	10:15 AM	0.46 L	3:42 PM	2.65 H	9:57 PM	0.54 L
15	Wed	4:09 AM	3.26 H	11:35 AM	0.45 L	4:51 PM	2.61 H	11:38 PM	0.54 L
16	Thu	5:20 AM	3.26 H	12:44 PM	0.30 L	6:09 PM	2.68 H	No PM Low	
17	Fri	12:52 AM	0.37 L	6:40 AM	3.34 H	1:43 PM	0.09 L	7:26 PM	2.88 H
18	Sat	1:55 AM	0.12 L	7:53 AM	3.53 H	2:38 PM	-0.15 L	8:30 PM	3.17 H
19	Sun	2:53 AM	-0.13 L	08:54 AM	3.73 H	3:30 PM	-0.37 L	9:24 PM	3.48 H
20	Mon	3:48 AM	-0.35 L	09:46 AM	3.88 H	4:19 PM	-0.54 L	10:13 PM	3.73 H
21	Tue	4:41 AM	-0.50 L	10:34 AM	3.92 H	5:05 PM	-0.63 L	10:59 PM	3.89 H
22	Wed	5:31 AM	-0.56 L	11:21 AM	3.85 H	5:50 PM	-0.61 L	11:44 PM	3.94 H
23	Thu	6:19 AM	-0.52 L	12:08 PM	3.69 H	6:32 PM	-0.48 L	No PM High	
24	Fri	12:30 AM	3.88 H	7:06 AM	-0.37 L	12:58 PM	3.46 H	7:14 PM	-0.24 L
25	Sat	1:17 AM	3.73 H	7:53 AM	-0.14 L	1:49 PM	3.21 H	7:55 PM	0.06 L
26	Sun	2:05 AM	3.54 H	8:43 AM	0.13 L	2:42 PM	2.98 H	8:39 PM	0.38 L
27	Mon	2:54 AM	3.31 H	9:38 AM	0.40 L	3:35 PM	2.78 H	9:32 PM	0.68 L
28	Tue	3:45 AM	3.10 H	10:41 AM	0.59 L	4:30 PM	2.64 H	10:37 PM	0.88 L
29	Wed	4:39 AM	2.93 H	11:46 AM	0.68 L	5:28 PM	2.57 H	11:45 PM	0.94 L
30	Thu	5:40 AM	2.83 H	12:43 PM	0.66 L	6:29 PM	2.58 H	No PM Low	
31	Fri	12:45 AM	0.87 L	6:45 AM	2.83 H	1:34 PM	0.57 L	7:28 PM	2.69 H

Spuyten Duyvil									
1	Wed	4:24 AM	3.42 H	11:08 AM	0.57 L	5:05 PM	2.97 H	11:07 PM	0.74 L
2	Thu	5:28 AM	3.44 H	11:59 AM	0.47 L	6:04 PM	3.09 H	11:57 PM	0.63 L
3	Fri	6:25 AM	3.56 H	12:45 PM	0.35 L	6:55 PM	3.27 H	No PM Low	
4	Sat	12:45 AM	0.48 L	7:12 AM	3.72 H	1:29 PM	0.21 L	7:39 PM	3.46 H
5	Sun	1:30 AM	0.31 L	7:52 AM	3.87 H	2:10 PM	0.08 L	8:17 PM	3.63 H
6	Mon	2:12 AM	0.17 L	8:28 AM	3.96 H	2:48 PM	-0.03 L	8:53 PM	3.75 H
7	Tue	2:53 AM	0.06 L	9:00 AM	3.99 H	3:23 PM	-0.09 L	9:26 PM	3.83 H
8	Wed	3:32 AM	-0.01 L	09:30 AM	3.95 H	3:56 PM	-0.10 L	9:56 PM	3.89 H
9	Thu	4:09 AM	-0.02 L	09:59 AM	3.86 H	4:27 PM	-0.05 L	10:24 PM	3.94 H
10	Fri	4:45 AM	0.02 L	10:29 AM	3.73 H	4:54 PM	0.04 L	10:54 PM	3.98 H
11	Sat	5:21 AM	0.11 L	11:06 AM	3.58 H	5:21 PM	0.16 L	11:30 PM	3.99 H
12	Sun	7:01 AM	0.24 L	12:51 PM	3.43 H	6:53 PM	0.31 L	No PM High	
13	Mon	1:16 AM	3.98 H	7:51 AM	0.41 L	1:44 PM	3.29 H	7:37 PM	0.48 L
14	Tue	2:10 AM	3.95 H	9:06 AM	0.55 L	2:45 PM	3.18 H	8:48 PM	0.65 L
15	Wed	3:12 AM	3.91 H	10:26 AM	0.54 L	3:54 PM	3.14 H	10:29 PM	0.65 L
16	Thu	4:23 AM	3.91 H	11:35 AM	0.37 L	5:12 PM	3.21 H	11:43 PM	0.44 L
17	Fri	5:43 AM	4.01 H	12:34 PM	0.11 L	6:29 PM	3.46 H	No PM Low	
18	Sat	12:46 AM	0.14 L	6:56 AM	4.23 H	1:29 PM	-0.18 L	7:33 PM	3.81 H
19	Sun	1:44 AM	-0.16 L	07:57 AM	4.48 H	2:21 PM	-0.45 L	8:27 PM	4.17 H
20	Mon	2:39 AM	-0.42 L	08:49 AM	4.66 H	3:10 PM	-0.65 L	9:16 PM	4.47 H
21	Tue	3:32 AM	-0.60 L	09:37 AM	4.71 H	3:56 PM	-0.76 L	10:02 PM	4.67 H
22	Wed	4:22 AM	-0.67 L	10:24 AM	4.63 H	4:41 PM	-0.73 L	10:47 PM	4.72 H
23	Thu	5:10 AM	-0.62 L	11:11 AM	4.42 H	5:23 PM	-0.57 L	11:33 PM	4.65 H
24	Fri	5:57 AM	-0.45 L	12:01 PM	4.15 H	6:05 PM	-0.29 L	No PM High	
25	Sat	12:20 AM	4.48 H	6:44 AM	-0.17 L	12:52 PM	3.85 H	6:46 PM	0.07 L
26	Sun	1:08 AM	4.24 H	7:34 AM	0.15 L	1:45 PM	3.58 H	7:30 PM	0.46 L
27	Mon	1:57 AM	3.98 H	8:29 AM	0.47 L	2:38 PM	3.34 H	8:23 PM	0.81 L
28	Tue	2:48 AM	3.72 H	9:32 AM	0.71 L	3:33 PM	3.17 H	9:28 PM	1.06 L
29	Wed	3:42 AM	3.51 H	10:37 AM	0.81 L	4:31 PM	3.08 H	10:36 PM	1.13 L
30	Thu	4:43 AM	3.39 H	11:34 AM	0.79 L	5:32 PM	3.10 H	11:36 PM	1.05 L
31	Fri	5:48 AM	3.39 H	12:25 PM	0.69 L	6:31 PM	3.23 H	No PM Low	

SEA//TOW

Haverstraw									
1	Wed	6:08 AM	3.06 H	1:13 PM	0.41 L	6:48 PM	2.61 H	No PM Low	
2	Thu	12:56 AM	0.47 L	7:11 AM	3.15 H	2:04 PM	0.31 L	7:47 PM	2.76 F
3	Fri	1:49 AM	0.40 L	8:05 AM	3.28 H	2:50 PM	0.21 L	8:37 PM	2.94 F
4	Sat	2:38 AM	0.30 L	8:50 AM	3.40 H	3:33 PM	0.10 L	9:20 PM	3.08 F
5	Sun	3:23 AM	0.20 L	9:29 AM	3.48 H	4:13 PM	0.02 L	9:59 PM	3.17 F
6	Mon	4:07 AM	0.12 L	10:04 AM	3.49 H	4:50 PM	-0.04 L	10:34 PM	3.23 F
7	Tue	4:49 AM	0.06 L	10:36 AM	3.45 H	5:24 PM	-0.07 L	11:06 PM	3.26 F
8	Wed	5:29 AM	0.04 L	11:06 AM	3.37 H	5:54 PM	-0.07 L	11:34 PM	3.31 F
9	Thu	6:06 AM	0.07 L	11:36 AM	3.26 H	6:21 PM	-0.05 L	No PM High	
10	Fri	12:03 AM	3.37 H	6:43 AM	0.13 L	12:08 PM	3.14 H	6:45 PM	-0.01 L
11	Sat	12:35 AM	3.44 H	7:20 AM	0.24 L	12:45 PM	3.00 H	7:11 PM	0.04 L
12	Sun	1:13 AM	3.49 H	9:02 AM	0.38 L	2:31 PM	2.87 H	8:43 PM	0.13 L
13	Mon	3:00 AM	3.50 H	9:56 AM	0.54 L	3:26 PM	2.75 H	9:29 PM	0.26 L
14	Tue	3:56 AM	3.46 H	11:11 AM	0.67 L	4:29 PM	2.67 H	10:36 PM	0.40 L
15	Wed	4:58 AM	3.41 H	12:30 PM	0.70 L	5:39 PM	2.65 H	No PM Low	
16	Thu	12:13 AM	0.45 L	6:07 AM	3.37 H	1:40 PM	0.59 L	6:55 PM	2.74 F
17	Fri	1:36 AM	0.33 L	7:24 AM	3.40 H	2:39 PM	0.40 L	8:07 PM	2.95 F
18	Sat	2:42 AM	0.12 L	8:33 AM	3.53 H	3:32 PM	0.18 L	9:07 PM	3.22 F
19	Sun	3:40 AM	-0.09 L	09:31 AM	3.67 H	4:22 PM	-0.01 L	10:00 PM	3.47 F
20	Mon	4:35 AM	-0.26 L	10:22 AM	3.77 H	5:09 PM	-0.16 L	10:48 PM	3.66 F
21	Tue	5:27 AM	-0.34 L	11:10 AM	3.79 H	5:53 PM	-0.24 L	11:34 PM	3.78 F
22	Wed	6:18 AM	-0.34 L	11:56 AM	3.72 H	6:35 PM	-0.25 L	No PM High	
23	Thu	12:19 AM	3.82 H	7:06 AM	-0.24 L	12:41 PM	3.58 H	7:14 PM	-0.17 L
24	Fri	1:03 AM	3.80 H	7:53 AM	-0.06 L	1:28 PM	3.40 H	7:52 PM	-0.01 L
25	Sat	1:49 AM	3.73 H	8:41 AM	0.16 L	2:19 PM	3.19 H	8:30 PM	0.19 L
26	Sun	2:37 AM	3.62 H	9:33 AM	0.40 L	3:14 PM	3.01 H	9:11 PM	0.42 L
27	Mon	3:28 AM	3.49 H	10:31 AM	0.59 L	4:12 PM	2.86 H	10:02 PM	0.64 L
28	Tue	4:23 AM	3.37 H	11:34 AM	0.71 L	5:12 PM	2.77 H	11:05 PM	0.81 L
29	Wed	5:20 AM	3.26 H	12:38 PM	0.73 L	6:13 PM	2.75 H	No PM Low	
30	Thu	12:16 AM	0.87 L	6:22 AM	3.20 H	1:36 PM	0.64 L	7:17 PM	2.81 F
31	Fri	1:22 AM	0.81 L	7:28 AM	3.20 H	2:28 PM	0.49 L	8:16 PM	2.94 F

Hudson									
1	Wed	4:35 AM	0.80 L	10:30 AM	3.58 H	5:32 PM	0.58 L	11:11 PM	3.11 H
2	Thu	5:31 AM	0.76 L	11:34 AM	3.60 H	6:23 PM	0.48 L	No PM High	
3	Fri	12:10 AM	3.23 H	6:21 AM	0.65 L	12:31 PM	3.73 H	7:09 PM	0.36 L
4	Sat	1:01 AM	3.43 H	7:09 AM	0.49 L	1:18 PM	3.90 H	7:53 PM	0.22 L
5	Sun	1:45 AM	3.63 H	7:54 AM	0.32 L	1:58 PM	4.05 H	8:34 PM	0.08 L
6	Mon	2:23 AM	3.80 H	8:36 AM	0.17 L	2:34 PM	4.15 H	9:12 PM	-0.03 L
7	Tue	2:59 AM	3.93 H	9:17 AM	0.06 L	3:06 PM	4.18 H	9:47 PM	-0.10 L
8	Wed	3:32 AM	4.02 H	9:56 AM	-0.01 L	3:36 PM	4.14 H	10:20 PM	-0.10 L
9	Thu	4:02 AM	4.08 H	10:33 AM	-0.02 L	4:05 PM	4.04 H	10:51 PM	-0.05 L
10	Fri	4:30 AM	4.13 H	11:09 AM	0.02 L	4:35 PM	3.91 H	11:18 PM	0.04 L
11	Sat	5:00 AM	4.17 H	11:45 AM	0.11 L	5:12 PM	3.75 H	11:45 PM	0.16 L
12	Sun	6:36 AM	4.18 H	1:25 PM	0.25 L	6:57 PM	3.59 H	No PM Low	
13	Mon	1:17 AM	0.31 L	7:22 AM	4.17 H	2:15 PM	0.42 L	7:50 PM	3.44 H
14	Tue	2:01 AM	0.49 L	8:16 AM	4.14 H	3:30 PM	0.56 L	8:51 PM	3.33 H
15	Wed	3:12 AM	0.66 L	9:18 AM	4.10 H	4:50 PM	0.55 L	10:00 PM	3.29 H
16	Thu	4:53 AM	0.66 L	10:29 AM	4.09 H	5:59 PM	0.37 L	11:18 PM	3.37 H
17	Fri	6:07 AM	0.45 L	11:49 AM	4.20 H	6:58 PM	0.11 L	No PM High	
18	Sat	12:35 AM	3.62 H	7:10 AM	0.15 L	1:02 PM	4.43 H	7:53 PM	-0.18 L
19	Sun	1:39 AM	3.99 H	8:08 AM	-0.16 L	2:03 PM	4.69 H	8:45 PM	-0.46 L
20	Mon	2:33 AM	4.37 H	9:03 AM	-0.43 L	2:55 PM	4.88 H	9:34 PM	-0.67 L
21	Tue	3:22 AM	4.69 H	9:56 AM	-0.62 L	3:43 PM	4.93 H	10:20 PM	-0.77 L
22	Wed	4:08 AM	4.89 H	10:46 AM	-0.69 L	4:30 PM	4.84 H	11:05 PM	-0.75 L
23	Thu	4:53 AM	4.95 H	11:34 AM	-0.64 L	5:17 PM	4.63 H	11:47 PM	-0.59 L
24	Fri	5:39 AM	4.88 H	12:21 PM	-0.46 L	6:07 PM	4.35 H	No PM Low	
25	Sat	12:29 AM	-0.30 L	06:26 AM	4.70 H	1:08 PM	-0.18 L	6:58 PM	4.04 H
26	Sun	1:10 AM	0.07 L	7:14 AM	4.45 H	1:58 PM	0.16 L	7:51 PM	3.75 H
27	Mon	1:54 AM	0.47 L	8:03 AM	4.17 H	2:53 PM	0.49 L	8:44 PM	3.50 H
28	Tue	2:47 AM	0.83 L	8:54 AM	3.90 H	3:56 PM	0.73 L	9:39 PM	3.32 H
29	Wed	3:52 AM	1.08 L	9:48 AM	3.68 H	5:01 PM	0.83 L	10:37 PM	3.23 H
30	Thu	5:00 AM	1.15 L	10:49 AM	3.56 H	5:58 PM	0.81 L	11:38 PM	3.25 H
31	Fri	6:00 AM	1.07 L	11:54 AM	3.56 H	6:49 PM	0.70 L	No PM High	

March

TIDES

Castleton									
1	Wed	5:36 AM	1.07 L	11:41 AM	5.12 H	6:41 PM	0.72 L	No PM High	
2	Thu	12:19 AM	4.78 H	6:32 AM	1.09 L	12:36 PM	5.15 H	7:34 PM	0.63 L
3	Fri	1:12 AM	4.89 H	7:25 AM	1.03 L	1:27 PM	5.24 H	8:22 PM	0.53 L
4	Sat	2:00 AM	5.03 H	8:15 AM	0.92 L	2:13 PM	5.33 H	9:07 PM	0.45 L
5	Sun	2:45 AM	5.15 H	9:01 AM	0.80 L	2:54 PM	5.39 H	9:48 PM	0.43 L
6	Mon	3:25 AM	5.24 H	9:45 AM	0.71 L	3:31 PM	5.40 H	10:26 PM	0.45 L
7	Tue	4:02 AM	5.31 H	10:28 AM	0.67 L	4:04 PM	5.37 H	11:01 PM	0.50 L
8	Wed	4:35 AM	5.39 H	11:09 AM	0.67 L	4:33 PM	5.30 H	11:34 PM	0.58 L
9	Thu	5:02 AM	5.50 H	11:51 AM	0.70 L	4:59 PM	5.23 H	No PM Low	
10	Fri	12:06 AM	0.65 L	5:23 AM	5.65 H	12:34 PM	0.78 L	5:31 PM	5.15 H
11	Sat	12:37 AM	0.73 L	5:51 AM	5.82 H	1:21 PM	0.89 L	6:12 PM	5.04 H
12	Sun	1:09 AM	0.82 L	7:30 AM	5.93 H	3:12 PM	1.03 L	8:02 PM	4.90 H
13	Mon	2:49 AM	0.95 L	8:16 AM	5.93 H	4:12 PM	1.16 L	9:03 PM	4.74 H
14	Tue	3:42 AM	1.11 L	9:10 AM	5.82 H	5:17 PM	1.24 L	10:21 PM	4.60 H
15	Wed	4:54 AM	1.26 L	10:15 AM	5.64 H	6:24 PM	1.22 L	11:41 PM	4.60 H
16	Thu	6:13 AM	1.27 L	11:40 AM	5.51 H	7:27 PM	1.07 L	No PM High	
17	Fri	12:51 AM	4.76 H	7:24 AM	1.11 L	1:01 PM	5.56 H	8:26 PM	0.83 L
18	Sat	1:52 AM	5.04 H	8:29 AM	0.82 L	2:07 PM	5.74 H	9:20 PM	0.57 L
19	Sun	2:47 AM	5.37 H	9:28 AM	0.51 L	3:05 PM	5.94 H	10:11 PM	0.35 L
20	Mon	3:37 AM	5.68 H	10:23 AM	0.25 L	3:56 PM	6.07 H	10:59 PM	0.22 L
21	Tue	4:24 AM	5.92 H	11:15 AM	0.10 L	4:45 PM	6.10 H	11:44 PM	0.20 L
22	Wed	5:11 AM	6.07 H	12:05 PM	0.09 L	5:33 PM	6.01 H	No PM Low	
23	Thu	12:27 AM	0.29 L	5:56 AM	6.11 H	12:55 PM	0.19 L	6:23 PM	5.83 H
24	Fri	1:09 AM	0.47 L	6:43 AM	6.07 H	1:45 PM	0.38 L	7:14 PM	5.62 H
25	Sat	1:51 AM	0.71 L	7:31 AM	5.96 H	2:35 PM	0.62 L	8:08 PM	5.41 H
26	Sun	2:33 AM	0.99 L	8:20 AM	5.82 H	3:27 PM	0.86 L	9:03 PM	5.22 H
27	Mon	3:17 AM	1.26 L	9:11 AM	5.64 H	4:21 PM	1.06 L	9:59 PM	5.08 H
28	Tue	4:05 AM	1.51 L	10:06 AM	5.46 H	5:16 PM	1.21 L	10:57 PM	5.00 H
29	Wed	4:59 AM	1.69 L	11:04 AM	5.31 H	6:12 PM	1.26 L	11:54 PM	5.00 H
30	Thu	5:58 AM	1.77 L	12:04 PM	5.24 H	7:07 PM	1.24 L	No PM High	
31	Fri	12:51 AM	5.08 H	6:57 AM	1.74 L	1:02 PM	5.27 H	7:58 PM	1.15 L

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Albany									
1	Wed	6:05 AM	1.04 L	11:58 AM	5.18 H	7:10 PM	0.69 L	No PM High	
2	Thu	12:36 AM	4.84 H	7:01 AM	1.06 L	12:53 PM	5.21 H	8:03 PM	0.60 L
3	Fri	1:29 AM	4.95 H	7:54 AM	1.00 L	1:44 PM	5.29 H	8:51 PM	0.50 L
4	Sat	2:17 AM	5.09 H	8:44 AM	0.89 L	2:30 PM	5.39 H	9:36 PM	0.42 L
5	Sun	3:02 AM	5.21 H	9:30 AM	0.77 L	3:11 PM	5.45 H	10:17 PM	0.40 L
6	Mon	3:42 AM	5.30 H	10:14 AM	0.68 L	3:48 PM	5.46 H	10:55 PM	0.42 L
7	Tue	4:19 AM	5.37 H	10:57 AM	0.64 L	4:21 PM	5.43 H	11:30 PM	0.47 L
8	Wed	4:52 AM	5.45 H	11:38 AM	0.64 L	4:50 PM	5.36 H	No PM Low	
9	Thu	12:03 AM	0.55 L	5:19 AM	5.55 H	12:20 PM	0.67 L	5:16 PM	5.29 H
10	Fri	12:35 AM	0.62 L	5:40 AM	5.71 H	1:03 PM	0.75 L	5:48 PM	5.21 H
11	Sat	1:06 AM	0.70 L	6:08 AM	5.88 H	1:50 PM	0.86 L	6:29 PM	5.10 H
12	Sun	1:38 AM	0.79 L	7:47 AM	5.99 H	3:41 PM	1.00 L	8:19 PM	4.96 H
13	Mon	3:18 AM	0.92 L	8:33 AM	5.99 H	4:41 PM	1.13 L	9:20 PM	4.79 H
14	Tue	4:11 AM	1.08 L	9:27 AM	5.88 H	5:46 PM	1.21 L	10:38 PM	4.66 H
15	Wed	5:23 AM	1.23 L	10:32 AM	5.70 H	6:53 PM	1.19 L	11:58 PM	4.66 H
16	Thu	6:42 AM	1.24 L	11:57 AM	5.57 H	7:56 PM	1.04 L	No PM High	
17	Fri	1:08 AM	4.82 H	7:53 AM	1.08 L	1:18 PM	5.62 H	8:55 PM	0.80 L
18	Sat	2:09 AM	5.10 H	8:58 AM	0.79 L	2:24 PM	5.80 H	9:49 PM	0.54 L
19	Sun	3:04 AM	5.43 H	9:57 AM	0.48 L	3:22 PM	6.00 H	10:40 PM	0.32 L
20	Mon	3:54 AM	5.74 H	10:52 AM	0.22 L	4:13 PM	6.13 H	11:28 PM	0.19 L
21	Tue	4:41 AM	5.98 H	11:44 AM	0.07 L	5:02 PM	6.16 H	No PM Low	
22	Wed	12:13 AM	0.17 L	5:28 AM	6.13 H	12:34 PM	0.06 L	5:50 PM	6.07 H
23	Thu	12:56 AM	0.26 L	6:13 AM	6.17 H	1:24 PM	0.16 L	6:40 PM	5.89 H
24	Fri	1:38 AM	0.44 L	7:00 AM	6.13 H	2:14 PM	0.35 L	7:31 PM	5.68 H
25	Sat	2:20 AM	0.68 L	7:48 AM	6.03 H	3:04 PM	0.59 L	8:25 PM	5.47 H
26	Sun	3:02 AM	0.96 L	8:37 AM	5.88 H	3:56 PM	0.83 L	9:20 PM	5.28 H
27	Mon	3:46 AM	1.23 L	9:28 AM	5.70 H	4:50 PM	1.03 L	10:16 PM	5.14 H
28	Tue	4:34 AM	1.48 L	10:23 AM	5.52 H	5:45 PM	1.18 L	11:14 PM	5.06 H
29	Wed	5:28 AM	1.66 L	11:21 AM	5.37 H	6:41 PM	1.23 L	No PM High	
30	Thu	12:11 AM	5.06 H	6:27 AM	1.74 L	12:21 PM	5.30 H	7:36 PM	1.21 L
31	Fri	1:08 AM	5.14 H	7:26 AM	1.71 L	1:19 PM	5.33 H	8:27 PM	1.12 L

March

TIDES

Troy									
1	Wed	6:15 AM	1.04 L	12:06 PM	5.18 H	7:20 PM	0.69 L	No PM High	
2	Thu	12:44 AM	4.84 H	7:11 AM	1.06 L	1:01 PM	5.21 H	8:13 PM	0.60 L
3	Fri	1:37 AM	4.95 H	8:04 AM	1.00 L	1:52 PM	5.29 H	9:01 PM	0.50 L
4	Sat	2:25 AM	5.09 H	8:54 AM	0.89 L	2:38 PM	5.39 H	9:46 PM	0.42 L
5	Sun	3:10 AM	5.21 H	9:40 AM	0.77 L	3:19 PM	5.45 H	10:27 PM	0.40 L
6	Mon	3:50 AM	5.30 H	10:24 AM	0.68 L	3:56 PM	5.46 H	11:05 PM	0.42 L
7	Tue	4:27 AM	5.37 H	11:07 AM	0.64 L	4:29 PM	5.43 H	11:40 PM	0.47 L
8	Wed	5:00 AM	5.45 H	11:48 AM	0.64 L	4:58 PM	5.36 H	No PM Low	
9	Thu	12:13 AM	0.55 L	5:27 AM	5.55 H	12:30 PM	0.67 L	5:24 PM	5.29 H
10	Fri	12:45 AM	0.62 L	5:48 AM	5.71 H	1:13 PM	0.75 L	5:56 PM	5.21 H
11	Sat	1:16 AM	0.70 L	6:16 AM	5.88 H	2:00 PM	0.86 L	6:37 PM	5.10 H
12	Sun	1:48 AM	0.79 L	7:55 AM	5.99 H	3:51 PM	1.00 L	8:27 PM	4.96 H
13	Mon	3:28 AM	0.92 L	8:41 AM	5.99 H	4:51 PM	1.13 L	9:28 PM	4.79 H
14	Tue	4:21 AM	1.08 L	9:35 AM	5.88 H	5:56 PM	1.21 L	10:46 PM	4.66 H
15	Wed	5:33 AM	1.23 L	10:40 AM	5.70 H	7:03 PM	1.19 L	No PM High	
16	Thu	12:06 AM	4.66 H	6:52 AM	1.24 L	12:05 PM	5.57 H	8:06 PM	1.04 L
17	Fri	1:16 AM	4.82 H	8:03 AM	1.08 L	1:26 PM	5.62 H	9:05 PM	0.80 L
18	Sat	2:17 AM	5.10 H	9:08 AM	0.79 L	2:32 PM	5.80 H	9:59 PM	0.54 L
19	Sun	3:12 AM	5.43 H	10:07 AM	0.48 L	3:30 PM	6.00 H	10:50 PM	0.32 L
20	Mon	4:02 AM	5.74 H	11:02 AM	0.22 L	4:21 PM	6.13 H	11:38 PM	0.19 L
21	Tue	4:49 AM	5.98 H	11:54 AM	0.07 L	5:10 PM	6.16 H	No PM Low	
22	Wed	12:23 AM	0.17 L	5:36 AM	6.13 H	12:44 PM	0.06 L	5:58 PM	6.07 H
23	Thu	1:06 AM	0.26 L	6:21 AM	6.17 H	1:34 PM	0.16 L	6:48 PM	5.89 H
24	Fri	1:48 AM	0.44 L	7:08 AM	6.13 H	2:24 PM	0.35 L	7:39 PM	5.68 H
25	Sat	2:30 AM	0.68 L	7:56 AM	6.03 H	3:14 PM	0.59 L	8:33 PM	5.47 H
26	Sun	3:12 AM	0.96 L	8:45 AM	5.88 H	4:06 PM	0.83 L	9:28 PM	5.28 H
27	Mon	3:56 AM	1.23 L	9:36 AM	5.70 H	5:00 PM	1.03 L	10:24 PM	5.14 H
28	Tue	4:44 AM	1.48 L	10:31 AM	5.52 H	5:55 PM	1.18 L	11:22 PM	5.06 H
29	Wed	5:38 AM	1.66 L	11:29 AM	5.37 H	6:51 PM	1.23 L	No PM High	
30	Thu	12:19 AM	5.06 H	6:37 AM	1.74 L	12:29 PM	5.30 H	7:46 PM	1.21 L
31	Fri	1:16 AM	5.14 H	7:36 AM	1.71 L	1:27 PM	5.33 H	8:37 PM	1.12 L