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<tr>
<th>River</th>
<th>RM</th>
<th>Site</th>
<th>Low Tide</th>
<th>High Tide</th>
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<td>315</td>
<td>Tahawus (Upper Works trailhead), Newcomb, NY</td>
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<td>Hudson</td>
<td>310</td>
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<td>Hudson</td>
<td>295</td>
<td>Boreas River, Minerva, NY</td>
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<td>Hudson</td>
<td>220</td>
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<td>Corning Preserve, Albany</td>
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<tr>
<td>Hudson</td>
<td>108.5</td>
<td>Lasher Park, Germantown</td>
<td>1:52 PM</td>
<td>7:36 AM</td>
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<tr>
<td>Hudson</td>
<td>97</td>
<td>Ulster Landing Park</td>
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<td>Hudson</td>
<td>92</td>
<td>Kingston Point Park</td>
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<tr>
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<td>George Freer Memorial Park, Port Ewen</td>
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<td>6:37 AM</td>
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<td>87</td>
<td>Esopus Meadow, Ulster Park</td>
<td>12:44 PM</td>
<td>6:30 AM</td>
<td>1:50 PM</td>
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<tr>
<td>Hudson</td>
<td>84.5</td>
<td>Norren Point, Staatsburg</td>
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<tr>
<td>Hudson</td>
<td>78</td>
<td>Quint’s Cove Park, Poughkeepsie</td>
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<td>6:27 PM</td>
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<td>Hudson</td>
<td>76</td>
<td>Waryas Park- Fallkill Creek Poughkeepsie</td>
<td>12:02 PM</td>
<td>6:17 PM</td>
<td>11:50 AM</td>
<td>Ebbing</td>
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<tr>
<td>Hudson</td>
<td>61</td>
<td>Long Dock, Beacon</td>
<td>11:26 AM</td>
<td>5:19 AM</td>
<td>12:30 PM</td>
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<td>Hudson</td>
<td>60.5</td>
<td>Newburgh Waterfront- People’s Waterfront and Boat Launch</td>
<td>11:24 AM</td>
<td>5:29 PM</td>
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<td>60</td>
<td>Dennings Point, Beacon</td>
<td>11:28 AM</td>
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<td>58</td>
<td>Kowawese Unique Area, New Windsor</td>
<td>11:20 AM</td>
<td>5:22 PM</td>
<td>8:14 AM</td>
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<td>Hudson</td>
<td>57</td>
<td>Cornwall Landing Park</td>
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<td>5:14 PM</td>
<td>1:00 PM</td>
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<tr>
<td>Hudson</td>
<td>55</td>
<td>Little Stony Point</td>
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<td>Hudson</td>
<td>52</td>
<td>South Dock, West Point</td>
<td>10:54 AM</td>
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<td>43.5</td>
<td>Riverfront Green, Peekskill</td>
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<td>Hudson</td>
<td>41</td>
<td>Steamboat Dock, Verplanck</td>
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<tr>
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<td>38</td>
<td>Haverstraw Bay County Park</td>
<td>10:04 AM</td>
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<td>Hudson</td>
<td>35</td>
<td>Croton Point Park, Croton</td>
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<td>Hudson</td>
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<td>Upper Nyack State Park, Lower Beach</td>
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<td>28</td>
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<td>Pierremont Pier, Piermont</td>
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<tr>
<td>Hudson</td>
<td>25</td>
<td>Matthiessen Park, Irvington</td>
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<td>Hudson</td>
<td>18.3</td>
<td>Sarah Lawrence College CURB: Beczak, Yonkers</td>
<td>8:25 AM</td>
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<td>Hudson</td>
<td>14</td>
<td>Englewood Boat Basin, Englewood NJ</td>
<td>8:11 AM</td>
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<td>8:05 AM</td>
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<td>Hudson</td>
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<tr>
<td>Hlm River</td>
<td>HRM 1</td>
<td>Little Hole Gate Salt Marsh, Randall’s Island</td>
<td>11:26 AM</td>
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<td>9:03 AM</td>
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<td>East</td>
<td>ER 5.7</td>
<td>Pier 1 Gantry State Park, Long Island City</td>
<td>7:21 AM</td>
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<td>East</td>
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<tr>
<td>Bronx</td>
<td>Bx 4.5</td>
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<td>Freshkills Park</td>
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