US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1703

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**3:23**	3.7	**4:02**	3.5	**9:55**	-0.1	**10:17**	0.4	4:52	7:18	
2	Thu	**4:16**	3.5	**4:54**	3.4	**10:42**	0.1	**11:13**	0.6	4:53	7:17	
3	Fri	**5:08**	3.3	**5:42**	3.3	**11:31**	0.3			4:54	7:16	
4	Sat	**5:57**	3.1	**6:28**	3.3	**12:13**	0.7	**12:23**	0.5	4:55	7:14	
5	Sun	**6:47**	2.9	**7:16**	3.2	**1:14**	0.8	**1:16**	0.7	4:56	7:13	
6	Mon	**7:39**	2.8	**8:07**	3.2	**2:12**	0.8	**2:08**	0.7	4:57	7:12	
7	Tue	**8:37**	2.7	**9:02**	3.3	**3:06**	0.7	**2:57**	0.7	4:58	7:11	
8	Wed	**9:35**	2.7	**9:53**	3.4	**3:54**	0.6	**3:44**	0.7	4:59	7:10	
9	Thu	**10:26**	2.8	**10:38**	3.5	**4:40**	0.5	**4:30**	0.6	5:00	7:08	
10	Fri	**11:11**	3.0	**11:18**	3.6	**5:24**	0.4	**5:15**	0.6	5:01	7:07	
11	Sat	**11:51**	3.1	**11:54**	3.6	**6:08**	0.3	**6:00**	0.5	5:02	7:06	
12	Sun			**12:30**	3.1	**6:49**	0.2	**6:44**	0.4	5:03	7:04	
13	Mon	**12:28**	3.7	**1:07**	3.2	**7:29**	0.1	**7:26**	0.4	5:04	7:03	
14	Tue	**1:01**	3.7	**1:44**	3.3	**8:06**	0.1	**8:06**	0.3	5:05	7:02	
15	Wed	**1:36**	3.6	**2:22**	3.3	**8:42**	0.1	**8:46**	0.3	5:06	7:00	
16	Thu	**2:15**	3.6	**3:04**	3.4	**9:16**	0.1	**9:28**	0.4	5:07	6:59	
17	Fri	**3:01**	3.5	**3:51**	3.5	**9:53**	0.2	**10:16**	0.5	5:08	6:57	
18	Sat	**3:54**	3.3	**4:42**	3.5	**10:35**	0.3	**11:16**	0.5	5:09	6:56	
19	Sun	**4:52**	3.2	**5:36**	3.6	**11:28**	0.4			5:11	6:54	
20	Mon	**5:52**	3.1	**6:33**	3.7	**12:29**	0.6	**12:36**	0.4	5:12	6:53	
21	Tue	**6:55**	3.0	**7:36**	3.7	**1:40**	0.5	**1:47**	0.4	5:13	6:51	
22	Wed	**8:07**	3.0	**8:45**	3.8	**2:46**	0.4	**2:52**	0.3	5:14	6:50	
23	Thu	**9:20**	3.1	**9:51**	3.9	**3:45**	0.2	**3:53**	0.2	5:15	6:48	
24	Fri	**10:24**	3.3	**10:48**	4.1	**4:41**	0.0	**4:50**	0.1	5:16	6:47	
25	Sat	**11:19**	3.5	**11:39**	4.1	**5:34**	-0.2	**5:45**	0.0	5:17	6:45	
26	Sun			**12:09**	3.7	**6:24**	-0.3	**6:38**	-0.1	5:18	6:44	
27	Mon	**12:27**	4.1	**12:58**	3.7	**7:13**	-0.3	**7:29**	-0.1	5:19	6:42	
28	Tue	**1:15**	4.0	**1:46**	3.7	**7:58**	-0.3	**8:16**	0.0	5:20	6:40	
29	Wed	**2:03**	3.9	**2:35**	3.7	**8:40**	-0.2	**9:02**	0.2	5:21	6:39	
30	Thu	**2:52**	3.6	**3:24**	3.6	**9:21**	0.0	**9:48**	0.4	5:22	6:37	
31	Fri	**3:43**	3.4	**4:12**	3.5	**10:01**	0.3	**10:37**	0.6	5:23	6:36	