US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1704

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:10	3.0	6:31	0.1	6:21	0.4	4:28	7:37	
2	Wed	12:17	3.6	12:53	3.0	7:14	0.1	7:04	0.4	4:28	7:37	
3	Thu	12:54	3.6	1:37	2.9	7:55	0.1	7:45	0.5	4:29	7:37	
4	Fri	1:32	3.5	2:22	2.9	8:33	0.2	8:23	0.6	4:29	7:37	
5	Sat	2:09	3.4	3:08	2.9	9:10	0.2	8:59	0.7	4:30	7:36	
6	Sun	2:46	3.3	3:53	2.9	9:45	0.3	9:35	0.7	4:30	7:36	
7	Mon	3:25	3.2	4:36	2.9	10:21	0.4	10:14	0.8	4:31	7:36	
8	Tue	4:06	3.1	5:15	2.9	10:58	0.5	11:04	0.9	4:32	7:35	
9	Wed	4:50	3.0	5:53	3.0	11:41	0.5			4:32	7:35	
10	Thu	5:37	2.9	6:33	3.2	12:09	0.9	12:32	0.5	4:33	7:35	
11	Fri	6:28	2.9	7:19	3.3	1:20	0.8	1:28	0.5	4:34	7:34	
12	Sat	7:27	2.9	8:15	3.5	2:25	0.7	2:25	0.4	4:35	7:34	
13	Sun	8:36	2.9	9:16	3.8	3:24	0.4	3:21	0.3	4:35	7:33	
14	Mon	9:45	3.0	10:14	4.0	4:20	0.2	4:17	0.2	4:36	7:33	
15	Tue	10:45	3.1	11:08	4.2	5:15	0.0	5:13	0.0	4:37	7:32	
16	Wed	11:41	3.3			6:09	-0.2	6:11	-0.1	4:38	7:31	
17	Thu	12:01	4.3	12:36	3.4	7:03	-0.4	7:07	-0.2	4:39	7:31	
18	Fri	12:55	4.3	1:33	3.5	7:54	-0.5	8:02	-0.2	4:40	7:30	
19	Sat	1:51	4.2	2:32	3.5	8:43	-0.5	8:55	-0.1	4:40	7:29	
20	Sun	2:49	4.0	3:32	3.6	9:32	-0.4	9:49	0.0	4:41	7:28	
21	Mon	3:48	3.8	4:30	3.6	10:22	-0.3	10:47	0.2	4:42	7:28	
22	Tue	4:45	3.6	5:25	3.6	11:15	-0.1	11:50	0.4	4:43	7:27	
23	Wed	5:39	3.4	6:16	3.5			12:11	0.1	4:44	7:26	
24	Thu	6:32	3.2	7:07	3.5	12:55	0.5	1:07	0.3	4:45	7:25	
25	Fri	7:27	3.0	8:01	3.4	1:58	0.6	2:02	0.4	4:46	7:24	
26	Sat	8:25	2.9	8:56	3.4	2:55	0.5	2:53	0.5	4:47	7:23	
27	Sun	9:24	2.8	9:48	3.5	3:48	0.5	3:42	0.5	4:48	7:22	
28	Mon	10:18	2.9	10:35	3.5	4:36	0.4	4:28	0.5	4:49	7:21	
29	Tue	11:05	2.9	11:17	3.6	5:22	0.3	5:13	0.5	4:50	7:20	
30	Wed	11:48	3.0	11:56	3.6	6:06	0.3	5:57	0.5	4:51	7:19	
31	Thu			12:30	3.1	6:48	0.2	6:41	0.5	4:52	7:18	