US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1704

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:33	3.6	1:11	3.1	7:28	0.2	7:22	0.5	4:53	7:17	
2	Sat	1:08	3.5	1:51	3.1	8:05	0.2	8:01	0.5	4:54	7:16	
3	Sun	1:42	3.5	2:31	3.1	8:40	0.2	8:37	0.6	4:55	7:15	
4	Mon	2:14	3.4	3:09	3.1	9:13	0.2	9:13	0.6	4:56	7:14	
5	Tue	2:47	3.3	3:47	3.1	9:43	0.3	9:49	0.7	4:57	7:12	
6	Wed	3:26	3.2	4:24	3.2	10:13	0.4	10:32	0.8	4:58	7:11	
7	Thu	4:12	3.1	5:05	3.3	10:48	0.5	11:31	0.8	4:59	7:10	
8	Fri	5:03	3.0	5:50	3.4	11:36	0.6			5:00	7:09	
9	Sat	5:59	2.9	6:42	3.5	12:46	0.8	12:41	0.6	5:01	7:07	
10	Sun	7:00	2.9	7:43	3.6	1:58	0.7	1:53	0.5	5:02	7:06	
11	Mon	8:13	2.9	8:52	3.8	3:02	0.5	3:00	0.4	5:03	7:05	
12	Tue	9:28	3.0	9:58	4.0	4:01	0.2	4:01	0.2	5:04	7:03	
13	Wed	10:32	3.2	10:56	4.2	4:56	0.0	5:00	0.1	5:05	7:02	
14	Thu	11:28	3.5	11:49	4.3	5:50	-0.2	5:58	-0.1	5:06	7:01	
15	Fri			12:21	3.7	6:42	-0.4	6:54	-0.2	5:07	6:59	
16	Sat	12:41	4.3	1:15	3.8	7:32	-0.5	7:47	-0.2	5:08	6:58	
17	Sun	1:34	4.2	2:09	3.8	8:20	-0.5	8:38	-0.2	5:09	6:56	
18	Mon	2:28	4.0	3:04	3.8	9:06	-0.4	9:29	0.0	5:10	6:55	
19	Tue	3:23	3.8	3:59	3.7	9:52	-0.2	10:23	0.2	5:11	6:53	
20	Wed	4:18	3.6	4:53	3.6	10:40	0.1	11:21	0.5	5:12	6:52	
21	Thu	5:13	3.3	5:43	3.5	11:33	0.3			5:13	6:50	
22	Fri	6:06	3.1	6:33	3.4	12:24	0.6	12:29	0.6	5:14	6:49	
23	Sat	7:00	2.9	7:25	3.3	1:28	0.7	1:27	0.7	5:15	6:47	
24	Sun	7:57	2.8	8:22	3.3	2:28	0.7	2:23	0.8	5:17	6:46	
25	Mon	8:58	2.8	9:20	3.3	3:21	0.7	3:15	0.8	5:18	6:44	
26	Tue	9:54	2.9	10:11	3.4	4:10	0.6	4:03	0.7	5:19	6:42	
27	Wed	10:42	3.0	10:55	3.5	4:54	0.5	4:49	0.6	5:20	6:41	
28	Thu	11:24	3.1	11:34	3.6	5:37	0.4	5:33	0.6	5:21	6:39	
29	Fri			12:04	3.2	6:18	0.3	6:16	0.5	5:22	6:38	
30	Sat	12:09	3.6	12:41	3.3	6:56	0.2	6:58	0.4	5:23	6:36	
31	Sun	12:42	3.6	1:16	3.3	7:33	0.2	7:38	0.4	5:24	6:34	