US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1705

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**8:54**	2.7	**9:24**	3.6	**3:36**	0.6	**3:26**	0.6	4:53	7:17	
2	Sun	**9:59**	2.8	**10:20**	3.9	**4:29**	0.3	**4:22**	0.4	4:54	7:16	
3	Mon	**10:54**	3.1	**11:12**	4.1	**5:21**	0.1	**5:17**	0.2	4:55	7:15	
4	Tue	**11:45**	3.3			**6:13**	-0.1	**6:13**	0.1	4:56	7:14	
5	Wed	**12:02**	4.2	**12:35**	3.4	**7:03**	-0.3	**7:08**	-0.1	4:57	7:13	
6	Thu	**12:53**	4.2	**1:28**	3.6	**7:51**	-0.4	**8:01**	-0.1	4:58	7:11	
7	Fri	**1:46**	4.2	**2:23**	3.7	**8:37**	-0.5	**8:53**	-0.1	4:59	7:10	
8	Sat	**2:42**	4.0	**3:21**	3.7	**9:23**	-0.4	**9:46**	0.0	5:00	7:09	
9	Sun	**3:39**	3.8	**4:18**	3.8	**10:11**	-0.3	**10:44**	0.2	5:01	7:08	
10	Mon	**4:37**	3.6	**5:14**	3.7	**11:03**	-0.1	**11:48**	0.4	5:02	7:06	
11	Tue	**5:34**	3.4	**6:08**	3.7			**12:01**	0.1	5:03	7:05	
12	Wed	**6:30**	3.2	**7:02**	3.6	**12:55**	0.5	**1:01**	0.3	5:04	7:04	
13	Thu	**7:28**	3.0	**8:00**	3.5	**2:00**	0.5	**2:01**	0.5	5:05	7:02	
14	Fri	**8:32**	2.9	**9:01**	3.5	**3:00**	0.5	**2:58**	0.5	5:06	7:01	
15	Sat	**9:34**	2.9	**9:57**	3.5	**3:54**	0.4	**3:51**	0.6	5:07	6:59	
16	Sun	**10:29**	3.0	**10:46**	3.6	**4:44**	0.3	**4:40**	0.5	5:08	6:58	
17	Mon	**11:16**	3.1	**11:29**	3.6	**5:31**	0.3	**5:27**	0.5	5:09	6:57	
18	Tue	**11:59**	3.2			**6:15**	0.2	**6:12**	0.5	5:10	6:55	
19	Wed	**12:08**	3.6	**12:39**	3.2	**6:56**	0.2	**6:55**	0.4	5:11	6:54	
20	Thu	**12:46**	3.6	**1:19**	3.3	**7:34**	0.2	**7:36**	0.5	5:12	6:52	
21	Fri	**1:21**	3.5	**1:58**	3.3	**8:10**	0.2	**8:14**	0.5	5:13	6:51	
22	Sat	**1:56**	3.4	**2:36**	3.3	**8:42**	0.3	**8:50**	0.6	5:14	6:49	
23	Sun	**2:30**	3.3	**3:14**	3.2	**9:12**	0.4	**9:25**	0.7	5:15	6:48	
24	Mon	**3:03**	3.1	**3:50**	3.2	**9:39**	0.5	**10:00**	0.8	5:16	6:46	
25	Tue	**3:39**	3.0	**4:25**	3.2	**10:05**	0.6	**10:43**	0.9	5:17	6:44	
26	Wed	**4:22**	2.8	**5:04**	3.2	**10:36**	0.7	**11:43**	1.0	5:18	6:43	
27	Thu	**5:12**	2.7	**5:49**	3.3	**11:22**	0.8			5:19	6:41	
28	Fri	**6:07**	2.7	**6:41**	3.4	**1:00**	0.9	**12:33**	0.9	5:20	6:40	
29	Sat	**7:11**	2.7	**7:45**	3.5	**2:10**	0.8	**1:56**	0.8	5:21	6:38	
30	Sun	**8:27**	2.8	**8:57**	3.6	**3:10**	0.6	**3:05**	0.6	5:23	6:36	
31	Mon	**9:38**	3.0	**10:01**	3.9	**4:05**	0.4	**4:05**	0.4	5:24	6:35	