US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1706

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:37	3.3	6:13	3.7			12:10	0.1	4:52	7:18	
2	Mon	6:35	3.1	7:09	3.7	1:09	0.5	1:12	0.2	4:53	7:16	
3	Tue	7:37	3.0	8:11	3.7	2:15	0.4	2:14	0.3	4:54	7:15	
4	Wed	8:46	3.0	9:16	3.7	3:16	0.3	3:14	0.3	4:55	7:14	
5	Thu	9:51	3.0	10:15	3.7	4:13	0.2	4:10	0.3	4:56	7:13	
6	Fri	10:49	3.1	11:07	3.8	5:06	0.1	5:03	0.3	4:57	7:12	
7	Sat	11:39	3.2	11:53	3.8	5:57	0.0	5:55	0.3	4:58	7:11	
8	Sun			12:26	3.3	6:44	0.0	6:44	0.3	4:59	7:09	
9	Mon	12:37	3.8	1:11	3.3	7:29	0.0	7:30	0.3	5:00	7:08	
10	Tue	1:19	3.7	1:56	3.3	8:09	0.0	8:12	0.4	5:01	7:07	
11	Wed	2:01	3.6	2:40	3.3	8:47	0.1	8:53	0.5	5:03	7:05	
12	Thu	2:44	3.4	3:25	3.3	9:22	0.2	9:32	0.6	5:04	7:04	
13	Fri	3:27	3.2	4:09	3.2	9:55	0.4	10:13	0.8	5:05	7:03	
14	Sat	4:11	3.0	4:51	3.2	10:28	0.6	11:00	0.9	5:06	7:01	
15	Sun	4:54	2.8	5:32	3.2	11:02	0.7	11:58	1.0	5:07	7:00	
16	Mon	5:38	2.7	6:12	3.1	11:46	0.9			5:08	6:58	
17	Tue	6:24	2.6	6:56	3.1	1:03	1.0	12:46	1.0	5:09	6:57	
18	Wed	7:18	2.5	7:48	3.2	2:06	1.0	1:51	1.0	5:10	6:56	
19	Thu	8:25	2.5	8:49	3.3	3:02	0.8	2:51	0.9	5:11	6:54	
20	Fri	9:30	2.6	9:46	3.5	3:53	0.6	3:45	0.7	5:12	6:53	
21	Sat	10:23	2.8	10:36	3.7	4:42	0.4	4:37	0.6	5:13	6:51	
22	Sun	11:08	3.1	11:21	3.9	5:29	0.2	5:28	0.4	5:14	6:49	
23	Mon	11:51	3.3			6:15	0.0	6:19	0.2	5:15	6:48	
24	Tue	12:05	4.1	12:34	3.5	7:00	-0.2	7:10	0.0	5:16	6:46	
25	Wed	12:50	4.1	1:20	3.7	7:44	-0.3	7:59	-0.1	5:17	6:45	
26	Thu	1:38	4.0	2:09	3.8	8:26	-0.3	8:48	-0.1	5:18	6:43	
27	Fri	2:29	3.9	3:02	3.9	9:09	-0.3	9:39	0.1	5:19	6:42	
28	Sat	3:25	3.7	3:58	3.9	9:54	-0.1	10:36	0.2	5:20	6:40	
29	Sun	4:24	3.4	4:56	3.8	10:45	0.1	11:41	0.4	5:21	6:38	
30	Mon	5:24	3.2	5:53	3.7	11:45	0.3			5:22	6:37	
31	Tue	6:24	3.1	6:52	3.6	12:51	0.5	12:52	0.5	5:23	6:35	