US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1707

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:12	4.1	1:57	3.3	8:13	-0.4	8:14	0.0	4:27	7:37	
2	Sat	2:08	3.9	2:55	3.3	9:02	-0.3	9:05	0.2	4:28	7:37	
3	Sun	3:05	3.7	3:53	3.3	9:50	-0.2	9:56	0.3	4:28	7:37	
4	Mon	4:01	3.5	4:47	3.3	10:39	0.0	10:52	0.5	4:29	7:37	
5	Tue	4:54	3.3	5:37	3.3	11:30	0.2	11:52	0.7	4:29	7:37	
6	Wed	5:44	3.1	6:24	3.3			12:22	0.4	4:30	7:36	
7	Thu	6:31	2.9	7:10	3.3	12:53	0.8	1:13	0.5	4:31	7:36	
8	Fri	7:21	2.7	7:58	3.3	1:53	0.8	2:01	0.6	4:31	7:36	
9	Sat	8:16	2.6	8:49	3.3	2:47	0.7	2:48	0.6	4:32	7:35	
10	Sun	9:14	2.6	9:39	3.4	3:37	0.7	3:33	0.7	4:33	7:35	
11	Mon	10:07	2.6	10:25	3.5	4:24	0.6	4:17	0.6	4:33	7:34	
12	Tue	10:55	2.7	11:07	3.5	5:10	0.5	5:01	0.6	4:34	7:34	
13	Wed	11:38	2.8	11:45	3.6	5:54	0.3	5:46	0.6	4:35	7:34	
14	Thu			12:18	2.8	6:38	0.2	6:30	0.5	4:36	7:33	
15	Fri	12:22	3.6	12:58	2.9	7:20	0.2	7:13	0.5	4:36	7:32	
16	Sat	12:57	3.6	1:36	2.9	7:59	0.1	7:54	0.5	4:37	7:32	
17	Sun	1:33	3.6	2:16	2.9	8:37	0.1	8:33	0.5	4:38	7:31	
18	Mon	2:12	3.5	2:58	3.0	9:13	0.1	9:13	0.5	4:39	7:30	
19	Tue	2:56	3.5	3:43	3.1	9:49	0.1	9:58	0.5	4:40	7:30	
20	Wed	3:46	3.4	4:30	3.3	10:28	0.1	10:53	0.6	4:41	7:29	
21	Thu	4:39	3.3	5:19	3.4	11:14	0.2			4:42	7:28	
22	Fri	5:34	3.1	6:10	3.5	12:02	0.6	12:09	0.3	4:43	7:27	
23	Sat	6:31	3.0	7:06	3.6	1:15	0.6	1:12	0.3	4:43	7:27	
24	Sun	7:35	2.9	8:10	3.7	2:23	0.5	2:17	0.3	4:44	7:26	
25	Mon	8:48	2.9	9:18	3.8	3:26	0.3	3:19	0.2	4:45	7:25	
26	Tue	9:57	3.0	10:21	4.0	4:24	0.1	4:18	0.1	4:46	7:24	
27	Wed	10:58	3.2	11:16	4.0	5:20	0.0	5:16	0.1	4:47	7:23	
28	Thu	11:52	3.3			6:13	-0.2	6:13	0.0	4:48	7:22	
29	Fri	12:08	4.1	12:45	3.4	7:05	-0.3	7:07	0.0	4:49	7:21	
30	Sat	12:58	4.0	1:37	3.5	7:53	-0.3	7:57	0.1	4:50	7:20	
31	Sun	1:48	3.9	2:29	3.5	8:38	-0.3	8:45	0.2	4:51	7:19	