US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1709

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:57	2.6	8:19	3.5	2:52	0.7	2:27	0.6	4:53	7:17	
2	Fri	9:11	2.7	9:29	3.7	3:49	0.5	3:31	0.5	4:54	7:16	
3	Sat	10:15	2.9	10:30	3.9	4:43	0.3	4:31	0.3	4:55	7:15	
4	Sun	11:10	3.2	11:24	4.1	5:36	0.0	5:29	0.1	4:56	7:14	
5	Mon			12:02	3.4	6:27	-0.2	6:26	-0.1	4:57	7:13	
6	Tue	12:15	4.2	12:54	3.6	7:16	-0.4	7:21	-0.2	4:58	7:11	
7	Wed	1:07	4.2	1:47	3.8	8:03	-0.5	8:14	-0.2	4:59	7:10	
8	Thu	1:59	4.1	2:41	3.9	8:49	-0.5	9:05	-0.1	5:00	7:09	
9	Fri	2:54	3.9	3:37	3.9	9:34	-0.4	9:58	0.0	5:01	7:08	
10	Sat	3:51	3.6	4:32	3.8	10:22	-0.2	10:56	0.3	5:02	7:06	
11	Sun	4:48	3.4	5:26	3.7	11:15	0.1			5:03	7:05	
12	Mon	5:44	3.1	6:19	3.6	12:00	0.5	12:13	0.4	5:04	7:04	
13	Tue	6:40	2.9	7:13	3.5	1:06	0.6	1:14	0.6	5:05	7:02	
14	Wed	7:40	2.8	8:11	3.4	2:10	0.6	2:15	0.7	5:06	7:01	
15	Thu	8:45	2.7	9:12	3.4	3:09	0.6	3:11	0.7	5:07	6:59	
16	Fri	9:47	2.8	10:07	3.5	4:01	0.5	4:02	0.7	5:08	6:58	
17	Sat	10:38	2.9	10:53	3.5	4:48	0.5	4:50	0.6	5:09	6:57	
18	Sun	11:22	3.0	11:34	3.6	5:33	0.4	5:35	0.6	5:10	6:55	
19	Mon			12:02	3.1	6:14	0.3	6:19	0.5	5:11	6:54	
20	Tue	12:12	3.6	12:39	3.2	6:53	0.2	7:01	0.5	5:12	6:52	
21	Wed	12:48	3.6	1:15	3.3	7:29	0.2	7:40	0.5	5:13	6:51	
22	Thu	1:22	3.5	1:50	3.3	8:02	0.2	8:17	0.5	5:14	6:49	
23	Fri	1:55	3.4	2:21	3.3	8:33	0.2	8:52	0.6	5:15	6:48	
24	Sat	2:27	3.2	2:51	3.3	9:00	0.3	9:25	0.7	5:16	6:46	
25	Sun	3:00	3.1	3:22	3.3	9:26	0.4	10:01	0.8	5:17	6:44	
26	Mon	3:40	2.9	4:00	3.3	9:55	0.6	10:46	0.9	5:18	6:43	
27	Tue	4:28	2.8	4:48	3.3	10:32	0.7	11:57	1.0	5:19	6:41	
28	Wed	5:24	2.7	5:42	3.4	11:25	0.8			5:20	6:40	
29	Thu	6:25	2.7	6:44	3.4	1:19	0.9	12:44	0.8	5:22	6:38	
30	Fri	7:36	2.7	7:57	3.5	2:28	0.8	2:09	0.7	5:23	6:36	
31	Sat	8:52	2.9	9:12	3.7	3:27	0.5	3:18	0.5	5:24	6:35	