US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1710

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:55	3.3	5:37	3.8	11:28	0.1			4:52	7:18	
2	Sat	5:52	3.1	6:32	3.7	12:17	0.4	12:29	0.2	4:53	7:16	
3	Sun	6:52	3.0	7:31	3.7	1:26	0.5	1:34	0.4	4:54	7:15	
4	Mon	7:58	2.9	8:34	3.6	2:31	0.5	2:36	0.4	4:55	7:14	
5	Tue	9:07	2.9	9:37	3.6	3:30	0.4	3:34	0.4	4:56	7:13	
6	Wed	10:10	2.9	10:32	3.7	4:24	0.3	4:28	0.4	4:57	7:12	
7	Thu	11:03	3.1	11:20	3.7	5:15	0.2	5:19	0.4	4:58	7:10	
8	Fri	11:49	3.2			6:03	0.1	6:08	0.4	4:59	7:09	
9	Sat	12:03	3.8	12:32	3.2	6:47	0.1	6:54	0.4	5:00	7:08	
10	Sun	12:44	3.7	1:14	3.3	7:28	0.0	7:37	0.4	5:02	7:07	
11	Mon	1:23	3.6	1:54	3.3	8:05	0.1	8:17	0.4	5:03	7:05	
12	Tue	2:03	3.5	2:34	3.3	8:39	0.2	8:56	0.5	5:04	7:04	
13	Wed	2:43	3.3	3:14	3.2	9:10	0.3	9:33	0.7	5:05	7:03	
14	Thu	3:24	3.1	3:54	3.2	9:40	0.4	10:11	0.8	5:06	7:01	
15	Fri	4:06	2.9	4:32	3.2	10:08	0.6	10:56	1.0	5:07	7:00	
16	Sat	4:50	2.8	5:09	3.1	10:38	0.7	11:57	1.1	5:08	6:58	
17	Sun	5:35	2.6	5:49	3.1	11:20	0.8			5:09	6:57	
18	Mon	6:24	2.6	6:35	3.2	1:07	1.1	12:24	0.9	5:10	6:55	
19	Tue	7:22	2.5	7:32	3.2	2:12	1.0	1:41	0.9	5:11	6:54	
20	Wed	8:31	2.6	8:41	3.4	3:09	0.8	2:48	0.8	5:12	6:52	
21	Thu	9:35	2.8	9:44	3.6	4:00	0.6	3:46	0.6	5:13	6:51	
22	Fri	10:28	3.0	10:37	3.8	4:49	0.3	4:41	0.4	5:14	6:49	
23	Sat	11:15	3.3	11:24	4.0	5:36	0.1	5:34	0.1	5:15	6:48	
24	Sun			12:00	3.6	6:22	-0.1	6:27	-0.1	5:16	6:46	
25	Mon	12:10	4.1	12:45	3.8	7:08	-0.3	7:20	-0.2	5:17	6:45	
26	Tue	12:57	4.1	1:34	4.0	7:52	-0.4	8:10	-0.2	5:18	6:43	
27	Wed	1:47	4.0	2:25	4.0	8:35	-0.4	9:00	-0.1	5:19	6:42	
28	Thu	2:40	3.8	3:20	4.0	9:20	-0.3	9:53	0.0	5:20	6:40	
29	Fri	3:38	3.5	4:17	3.9	10:07	0.0	10:51	0.3	5:21	6:38	
30	Sat	4:39	3.3	5:15	3.8	11:02	0.2	11:58	0.5	5:22	6:37	
31	Sun	5:40	3.1	6:13	3.7			12:07	0.5	5:23	6:35	