US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1711

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