US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1712

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**11:54**	3.0	**11:58**	3.6	**6:10**	0.3	**6:02**	0.5	4:53	7:17	
2	Tue			**12:33**	3.1	**6:50**	0.2	**6:46**	0.4	4:54	7:16	
3	Wed	**12:31**	3.6	**1:09**	3.2	**7:28**	0.1	**7:27**	0.4	4:55	7:15	
4	Thu	**1:03**	3.6	**1:45**	3.2	**8:03**	0.1	**8:06**	0.4	4:56	7:14	
5	Fri	**1:34**	3.5	**2:19**	3.3	**8:36**	0.1	**8:44**	0.4	4:57	7:12	
6	Sat	**2:09**	3.4	**2:56**	3.4	**9:08**	0.1	**9:23**	0.4	4:58	7:11	
7	Sun	**2:50**	3.3	**3:39**	3.4	**9:39**	0.2	**10:07**	0.5	4:59	7:10	
8	Mon	**3:39**	3.2	**4:27**	3.5	**10:15**	0.3	**11:03**	0.6	5:00	7:09	
9	Tue	**4:35**	3.0	**5:21**	3.6	**11:02**	0.4			5:01	7:07	
10	Wed	**5:35**	2.9	**6:18**	3.6	**12:16**	0.7	**12:09**	0.5	5:02	7:06	
11	Thu	**6:39**	2.9	**7:21**	3.7	**1:31**	0.6	**1:28**	0.5	5:03	7:05	
12	Fri	**7:52**	2.9	**8:33**	3.8	**2:38**	0.5	**2:40**	0.4	5:04	7:03	
13	Sat	**9:09**	3.0	**9:41**	3.9	**3:38**	0.3	**3:43**	0.2	5:05	7:02	
14	Sun	**10:15**	3.3	**10:40**	4.0	**4:34**	0.0	**4:42**	0.1	5:06	7:00	
15	Mon	**11:12**	3.5	**11:32**	4.1	**5:27**	-0.2	**5:38**	0.0	5:07	6:59	
16	Tue			**12:03**	3.7	**6:18**	-0.3	**6:33**	-0.1	5:08	6:58	
17	Wed	**12:21**	4.2	**12:52**	3.8	**7:06**	-0.4	**7:24**	-0.1	5:09	6:56	
18	Thu	**1:10**	4.1	**1:41**	3.8	**7:52**	-0.4	**8:13**	-0.1	5:10	6:55	
19	Fri	**1:58**	3.9	**2:30**	3.8	**8:35**	-0.3	**9:00**	0.1	5:11	6:53	
20	Sat	**2:48**	3.7	**3:19**	3.7	**9:16**	-0.1	**9:47**	0.3	5:12	6:52	
21	Sun	**3:39**	3.4	**4:09**	3.6	**9:57**	0.2	**10:37**	0.5	5:13	6:50	
22	Mon	**4:32**	3.2	**4:58**	3.4	**10:40**	0.5	**11:34**	0.7	5:15	6:49	
23	Tue	**5:23**	3.0	**5:46**	3.3	**11:29**	0.7			5:16	6:47	
24	Wed	**6:14**	2.8	**6:35**	3.2	**12:37**	0.9	**12:26**	0.9	5:17	6:46	
25	Thu	**7:08**	2.7	**7:28**	3.2	**1:39**	0.9	**1:28**	1.0	5:18	6:44	
26	Fri	**8:06**	2.7	**8:27**	3.2	**2:36**	0.9	**2:25**	1.0	5:19	6:42	
27	Sat	**9:06**	2.7	**9:24**	3.2	**3:26**	0.8	**3:18**	0.9	5:20	6:41	
28	Sun	**10:00**	2.9	**10:13**	3.4	**4:12**	0.6	**4:06**	0.7	5:21	6:39	
29	Mon	**10:45**	3.1	**10:54**	3.5	**4:54**	0.5	**4:52**	0.6	5:22	6:38	
30	Tue	**11:24**	3.2	**11:30**	3.6	**5:35**	0.3	**5:36**	0.5	5:23	6:36	
31	Wed			**12:00**	3.4	**6:15**	0.2	**6:20**	0.4	5:24	6:34	