US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1715

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:04	4.1	12:40	3.5	7:00	-0.4	7:03	-0.1	4:27	7:37	
2	Tue	12:53	4.0	1:32	3.4	7:48	-0.4	7:52	0.0	4:28	7:37	
3	Wed	1:42	3.9	2:24	3.4	8:34	-0.3	8:39	0.1	4:28	7:37	
4	Thu	2:32	3.7	3:16	3.3	9:18	-0.2	9:25	0.3	4:29	7:37	
5	Fri	3:23	3.5	4:07	3.3	10:01	0.0	10:12	0.5	4:29	7:37	
6	Sat	4:13	3.3	4:56	3.2	10:45	0.2	11:03	0.7	4:30	7:36	
7	Sun	5:01	3.1	5:42	3.2	11:31	0.4			4:31	7:36	
8	Mon	5:47	2.9	6:26	3.2	12:00	0.8	12:21	0.6	4:31	7:36	
9	Tue	6:33	2.8	7:12	3.2	12:59	0.9	1:12	0.6	4:32	7:35	
10	Wed	7:23	2.7	8:01	3.2	1:57	0.9	2:02	0.7	4:33	7:35	
11	Thu	8:19	2.6	8:53	3.3	2:51	0.8	2:51	0.7	4:33	7:34	
12	Fri	9:18	2.6	9:43	3.4	3:40	0.6	3:38	0.6	4:34	7:34	
13	Sat	10:11	2.7	10:28	3.5	4:27	0.5	4:24	0.5	4:35	7:33	
14	Sun	10:57	2.9	11:09	3.7	5:13	0.3	5:10	0.4	4:36	7:33	
15	Mon	11:38	3.0	11:47	3.8	5:58	0.2	5:56	0.4	4:37	7:32	
16	Tue			12:17	3.1	6:42	0.0	6:43	0.3	4:37	7:32	
17	Wed	12:24	3.8	12:56	3.2	7:25	-0.1	7:28	0.2	4:38	7:31	
18	Thu	1:04	3.8	1:39	3.3	8:06	-0.2	8:13	0.1	4:39	7:30	
19	Fri	1:48	3.8	2:26	3.4	8:47	-0.2	8:59	0.1	4:40	7:30	
20	Sat	2:37	3.7	3:18	3.5	9:28	-0.2	9:48	0.2	4:41	7:29	
21	Sun	3:31	3.6	4:13	3.6	10:12	-0.1	10:44	0.3	4:42	7:28	
22	Mon	4:29	3.4	5:08	3.6	11:03	0.0	11:51	0.4	4:43	7:27	
23	Tue	5:28	3.3	6:04	3.7			12:02	0.1	4:44	7:27	
24	Wed	6:26	3.2	7:01	3.7	1:01	0.4	1:07	0.1	4:44	7:26	
25	Thu	7:29	3.1	8:04	3.7	2:07	0.4	2:10	0.2	4:45	7:25	
26	Fri	8:38	3.1	9:10	3.8	3:09	0.2	3:11	0.1	4:46	7:24	
27	Sat	9:44	3.2	10:10	3.8	4:05	0.1	4:07	0.1	4:47	7:23	
28	Sun	10:42	3.3	11:02	3.9	4:59	0.0	5:01	0.1	4:48	7:22	
29	Mon	11:34	3.4	11:50	3.9	5:50	-0.1	5:54	0.0	4:49	7:21	
30	Tue			12:22	3.5	6:39	-0.2	6:44	0.1	4:50	7:20	
31	Wed	12:35	3.9	1:09	3.5	7:25	-0.2	7:31	0.1	4:51	7:19	