US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1722

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:45	4.2	2:28	3.4	8:45	-0.5	8:52	-0.1	4:27	7:37	
2	Thu	2:45	4.0	3:31	3.4	9:35	-0.4	9:47	0.0	4:28	7:37	
3	Fri	3:46	3.9	4:32	3.5	10:27	-0.3	10:47	0.2	4:29	7:37	
4	Sat	4:46	3.7	5:29	3.5	11:23	-0.2	11:53	0.4	4:29	7:37	
5	Sun	5:43	3.5	6:23	3.5			12:21	0.0	4:30	7:37	
6	Mon	6:38	3.3	7:17	3.5	1:00	0.4	1:19	0.1	4:30	7:36	
7	Tue	7:34	3.1	8:12	3.5	2:03	0.4	2:14	0.1	4:31	7:36	
8	Wed	8:34	3.0	9:08	3.6	3:02	0.4	3:05	0.2	4:32	7:36	
9	Thu	9:33	3.0	10:00	3.6	3:55	0.3	3:54	0.3	4:32	7:35	
10	Fri	10:26	3.0	10:46	3.6	4:45	0.2	4:40	0.3	4:33	7:35	
11	Sat	11:14	3.0	11:27	3.7	5:33	0.2	5:26	0.4	4:34	7:34	
12	Sun	11:58	3.0			6:18	0.1	6:10	0.4	4:34	7:34	
13	Mon	12:07	3.7	12:41	3.0	7:02	0.1	6:54	0.4	4:35	7:33	
14	Tue	12:45	3.6	1:25	3.0	7:43	0.1	7:35	0.5	4:36	7:33	
15	Wed	1:24	3.5	2:09	3.0	8:22	0.1	8:14	0.5	4:37	7:32	
16	Thu	2:01	3.4	2:54	3.0	8:58	0.2	8:51	0.6	4:38	7:32	
17	Fri	2:39	3.3	3:38	2.9	9:33	0.3	9:27	0.7	4:38	7:31	
18	Sat	3:16	3.2	4:21	2.9	10:07	0.4	10:05	0.8	4:39	7:30	
19	Sun	3:55	3.1	5:00	3.0	10:41	0.5	10:49	0.9	4:40	7:30	
20	Mon	4:36	3.0	5:37	3.1	11:19	0.5	11:50	0.9	4:41	7:29	
21	Tue	5:22	2.9	6:15	3.2			12:07	0.6	4:42	7:28	
22	Wed	6:11	2.9	7:00	3.3	1:01	0.9	1:05	0.6	4:43	7:27	
23	Thu	7:08	2.8	7:54	3.5	2:07	0.7	2:05	0.5	4:44	7:26	
24	Fri	8:16	2.8	8:56	3.7	3:07	0.5	3:03	0.4	4:45	7:25	
25	Sat	9:27	2.9	9:57	3.9	4:04	0.3	4:00	0.3	4:46	7:25	
26	Sun	10:29	3.1	10:52	4.1	4:58	0.0	4:57	0.1	4:47	7:24	
27	Mon	11:25	3.3	11:45	4.3	5:52	-0.2	5:54	-0.1	4:48	7:23	
28	Tue			12:18	3.5	6:45	-0.4	6:51	-0.2	4:49	7:22	
29	Wed	12:38	4.3	1:13	3.6	7:36	-0.5	7:46	-0.2	4:50	7:21	
30	Thu	1:33	4.2	2:10	3.6	8:25	-0.5	8:39	-0.2	4:50	7:20	
31	Fri	2:29	4.1	3:09	3.7	9:13	-0.5	9:32	-0.1	4:51	7:19	