US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1722

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**3:27**	3.9	**4:08**	3.7	**10:02**	-0.4	**10:28**	0.1	4:52	7:17	
2	Sun	**4:25**	3.7	**5:04**	3.7	**10:54**	-0.2	**11:29**	0.3	4:53	7:16	
3	Mon	**5:21**	3.5	**5:57**	3.6	**11:49**	0.1			4:54	7:15	
4	Tue	**6:15**	3.3	**6:48**	3.5	**12:34**	0.5	**12:47**	0.3	4:56	7:14	
5	Wed	**7:09**	3.1	**7:42**	3.5	**1:38**	0.5	**1:43**	0.4	4:57	7:13	
6	Thu	**8:08**	2.9	**8:38**	3.4	**2:38**	0.5	**2:38**	0.5	4:58	7:12	
7	Fri	**9:09**	2.9	**9:34**	3.5	**3:32**	0.5	**3:28**	0.6	4:59	7:10	
8	Sat	**10:04**	2.9	**10:23**	3.5	**4:22**	0.4	**4:16**	0.6	5:00	7:09	
9	Sun	**10:53**	3.0	**11:07**	3.6	**5:08**	0.4	**5:02**	0.5	5:01	7:08	
10	Mon	**11:37**	3.1	**11:47**	3.6	**5:53**	0.3	**5:47**	0.5	5:02	7:07	
11	Tue			**12:18**	3.1	**6:35**	0.2	**6:30**	0.5	5:03	7:05	
12	Wed	**12:24**	3.6	**12:58**	3.2	**7:15**	0.2	**7:12**	0.5	5:04	7:04	
13	Thu	**12:59**	3.6	**1:37**	3.2	**7:52**	0.2	**7:51**	0.5	5:05	7:02	
14	Fri	**1:33**	3.5	**2:16**	3.2	**8:27**	0.2	**8:28**	0.5	5:06	7:01	
15	Sat	**2:05**	3.4	**2:53**	3.2	**8:59**	0.3	**9:03**	0.6	5:07	7:00	
16	Sun	**2:36**	3.3	**3:29**	3.2	**9:29**	0.3	**9:38**	0.7	5:08	6:58	
17	Mon	**3:12**	3.2	**4:05**	3.2	**9:57**	0.4	**10:18**	0.7	5:09	6:57	
18	Tue	**3:55**	3.0	**4:45**	3.3	**10:28**	0.5	**11:11**	0.8	5:10	6:55	
19	Wed	**4:46**	3.0	**5:30**	3.4	**11:11**	0.6			5:11	6:54	
20	Thu	**5:41**	2.9	**6:22**	3.5	**12:23**	0.8	**12:14**	0.7	5:12	6:52	
21	Fri	**6:42**	2.8	**7:22**	3.6	**1:38**	0.7	**1:31**	0.6	5:13	6:51	
22	Sat	**7:53**	2.9	**8:31**	3.7	**2:44**	0.6	**2:42**	0.5	5:14	6:49	
23	Sun	**9:09**	3.0	**9:39**	3.9	**3:43**	0.3	**3:45**	0.3	5:15	6:48	
24	Mon	**10:15**	3.3	**10:39**	4.1	**4:38**	0.1	**4:44**	0.1	5:16	6:46	
25	Tue	**11:11**	3.5	**11:32**	4.3	**5:32**	-0.2	**5:41**	-0.1	5:17	6:45	
26	Wed			**12:03**	3.7	**6:23**	-0.4	**6:37**	-0.2	5:18	6:43	
27	Thu	**12:24**	4.3	**12:55**	3.9	**7:13**	-0.5	**7:31**	-0.3	5:19	6:41	
28	Fri	**1:15**	4.2	**1:48**	3.9	**8:01**	-0.5	**8:22**	-0.2	5:20	6:40	
29	Sat	**2:08**	4.1	**2:42**	3.9	**8:47**	-0.4	**9:13**	-0.1	5:21	6:38	
30	Sun	**3:03**	3.9	**3:37**	3.8	**9:33**	-0.3	**10:05**	0.1	5:22	6:37	
31	Mon	**3:59**	3.6	**4:32**	3.7	**10:21**	0.0	**11:02**	0.4	5:23	6:35	