US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1723

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:17	3.7	12:51	3.2	7:10	0.1	7:07	0.4	4:52	7:18	
2	Mon	12:58	3.7	1:35	3.2	7:51	0.1	7:49	0.4	4:53	7:17	
3	Tue	1:38	3.6	2:19	3.2	8:29	0.1	8:29	0.5	4:54	7:15	
4	Wed	2:18	3.4	3:03	3.1	9:05	0.2	9:07	0.6	4:55	7:14	
5	Thu	2:59	3.3	3:47	3.1	9:39	0.3	9:45	0.7	4:56	7:13	
6	Fri	3:39	3.1	4:30	3.1	10:11	0.5	10:25	0.8	4:57	7:12	
7	Sat	4:20	3.0	5:09	3.1	10:43	0.6	11:14	1.0	4:58	7:11	
8	Sun	5:01	2.8	5:46	3.1	11:19	0.7			4:59	7:09	
9	Mon	5:43	2.7	6:25	3.2	12:16	1.0	12:08	0.8	5:00	7:08	
10	Tue	6:31	2.6	7:10	3.2	1:24	1.0	1:11	0.8	5:01	7:07	
11	Wed	7:29	2.6	8:06	3.4	2:26	0.8	2:14	0.8	5:02	7:06	
12	Thu	8:40	2.7	9:09	3.5	3:22	0.7	3:13	0.7	5:03	7:04	
13	Fri	9:46	2.8	10:07	3.8	4:15	0.4	4:09	0.5	5:05	7:03	
14	Sat	10:41	3.1	10:58	4.0	5:06	0.2	5:03	0.3	5:06	7:01	
15	Sun	11:30	3.3	11:47	4.2	5:56	0.0	5:58	0.1	5:07	7:00	
16	Mon			12:19	3.5	6:45	-0.2	6:52	-0.1	5:08	6:59	
17	Tue	12:37	4.2	1:09	3.7	7:33	-0.4	7:45	-0.2	5:09	6:57	
18	Wed	1:27	4.2	2:01	3.8	8:19	-0.5	8:36	-0.2	5:10	6:56	
19	Thu	2:21	4.0	2:57	3.8	9:04	-0.4	9:28	-0.1	5:11	6:54	
20	Fri	3:18	3.9	3:54	3.8	9:51	-0.3	10:24	0.1	5:12	6:53	
21	Sat	4:16	3.6	4:51	3.8	10:41	-0.1	11:26	0.3	5:13	6:51	
22	Sun	5:14	3.4	5:47	3.7	11:38	0.1			5:14	6:50	
23	Mon	6:12	3.2	6:42	3.6	12:34	0.5	12:40	0.4	5:15	6:48	
24	Tue	7:11	3.0	7:41	3.5	1:40	0.5	1:43	0.5	5:16	6:47	
25	Wed	8:14	3.0	8:43	3.5	2:42	0.5	2:42	0.6	5:17	6:45	
26	Thu	9:18	3.0	9:43	3.5	3:39	0.4	3:37	0.6	5:18	6:43	
27	Fri	10:15	3.0	10:34	3.6	4:29	0.3	4:28	0.5	5:19	6:42	
28	Sat	11:03	3.2	11:18	3.6	5:17	0.3	5:16	0.5	5:20	6:40	
29	Sun	11:46	3.3	11:57	3.7	6:01	0.2	6:01	0.4	5:21	6:39	
30	Mon			12:26	3.3	6:42	0.2	6:44	0.4	5:22	6:37	
31	Tue	12:35	3.6	1:05	3.4	7:21	0.2	7:26	0.4	5:23	6:35	