US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1730

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:34	4.3	1:11	3.4	7:33	-0.5	7:40	-0.2	4:28	7:37	
2	Sun	1:29	4.2	2:09	3.5	8:23	-0.5	8:34	-0.1	4:28	7:37	
3	Mon	2:26	4.0	3:09	3.5	9:11	-0.5	9:27	0.0	4:29	7:37	
4	Tue	3:23	3.9	4:07	3.5	10:00	-0.4	10:22	0.2	4:29	7:37	
5	Wed	4:20	3.6	5:02	3.5	10:51	-0.2	11:22	0.4	4:30	7:37	
6	Thu	5:15	3.4	5:53	3.5	11:44	0.0			4:30	7:36	
7	Fri	6:07	3.2	6:43	3.5	12:26	0.5	12:39	0.2	4:31	7:36	
8	Sat	6:59	3.0	7:33	3.4	1:29	0.6	1:33	0.4	4:32	7:36	
9	Sun	7:55	2.8	8:26	3.4	2:28	0.6	2:25	0.5	4:32	7:35	
10	Mon	8:54	2.7	9:20	3.4	3:22	0.5	3:14	0.6	4:33	7:35	
11	Tue	9:51	2.7	10:10	3.4	4:12	0.5	4:01	0.6	4:34	7:34	
12	Wed	10:41	2.8	10:55	3.5	4:59	0.4	4:47	0.6	4:35	7:34	
13	Thu	11:26	2.9	11:35	3.5	5:44	0.3	5:32	0.5	4:35	7:33	
14	Fri			12:09	2.9	6:27	0.3	6:16	0.5	4:36	7:33	
15	Sat	12:13	3.6	12:50	3.0	7:08	0.2	6:59	0.5	4:37	7:32	
16	Sun	12:48	3.5	1:30	3.0	7:47	0.1	7:40	0.5	4:38	7:32	
17	Mon	1:21	3.5	2:10	3.0	8:22	0.1	8:18	0.5	4:39	7:31	
18	Tue	1:53	3.4	2:48	3.0	8:55	0.2	8:53	0.6	4:39	7:30	
19	Wed	2:25	3.3	3:25	3.1	9:26	0.2	9:30	0.6	4:40	7:29	
20	Thu	3:02	3.2	4:03	3.1	9:56	0.3	10:10	0.7	4:41	7:29	
21	Fri	3:46	3.1	4:43	3.3	10:28	0.4	11:02	0.7	4:42	7:28	
22	Sat	4:36	3.0	5:28	3.4	11:09	0.4			4:43	7:27	
23	Sun	5:31	2.9	6:18	3.5	12:12	0.8	12:06	0.5	4:44	7:26	
24	Mon	6:30	2.8	7:16	3.6	1:27	0.7	1:18	0.5	4:45	7:25	
25	Tue	7:39	2.8	8:23	3.7	2:35	0.5	2:29	0.4	4:46	7:25	
26	Wed	8:57	2.9	9:32	3.9	3:37	0.3	3:34	0.3	4:47	7:24	
27	Thu	10:07	3.1	10:34	4.1	4:34	0.1	4:35	0.1	4:48	7:23	
28	Fri	11:07	3.3	11:29	4.2	5:29	-0.1	5:34	0.0	4:49	7:22	
29	Sat			12:01	3.5	6:22	-0.3	6:31	-0.2	4:50	7:21	
30	Sun	12:21	4.2	12:55	3.7	7:13	-0.5	7:25	-0.2	4:51	7:20	
31	Mon	1:13	4.2	1:48	3.7	8:01	-0.5	8:17	-0.2	4:52	7:19	