US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1730

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:05	4.0	2:42	3.7	8:46	-0.5	9:07	0.0	4:53	7:17	
2	Wed	2:58	3.8	3:36	3.7	9:31	-0.3	9:58	0.2	4:54	7:16	
3	Thu	3:53	3.6	4:29	3.6	10:17	-0.1	10:53	0.4	4:55	7:15	
4	Fri	4:46	3.3	5:19	3.5	11:05	0.2	11:53	0.6	4:56	7:14	
5	Sat	5:38	3.1	6:08	3.4	11:57	0.5			4:57	7:13	
6	Sun	6:30	2.9	6:57	3.3	12:57	0.7	12:53	0.7	4:58	7:12	
7	Mon	7:24	2.7	7:50	3.3	1:58	0.8	1:50	0.8	4:59	7:10	
8	Tue	8:23	2.7	8:48	3.2	2:54	0.7	2:44	0.8	5:00	7:09	
9	Wed	9:23	2.7	9:44	3.3	3:45	0.7	3:34	0.8	5:01	7:08	
10	Thu	10:16	2.8	10:31	3.4	4:31	0.6	4:22	0.7	5:02	7:06	
11	Fri	11:02	3.0	11:12	3.5	5:15	0.4	5:07	0.6	5:03	7:05	
12	Sat	11:43	3.1	11:49	3.6	5:57	0.3	5:52	0.5	5:04	7:04	
13	Sun			12:21	3.2	6:37	0.2	6:35	0.5	5:05	7:02	
14	Mon	12:23	3.6	12:57	3.3	7:14	0.2	7:16	0.4	5:06	7:01	
15	Tue	12:54	3.5	1:31	3.3	7:49	0.1	7:55	0.4	5:07	7:00	
16	Wed	1:24	3.5	2:04	3.4	8:22	0.1	8:32	0.4	5:08	6:58	
17	Thu	1:56	3.4	2:38	3.4	8:52	0.2	9:10	0.4	5:09	6:57	
18	Fri	2:34	3.3	3:17	3.5	9:22	0.3	9:51	0.5	5:10	6:55	
19	Sat	3:19	3.1	4:04	3.5	9:55	0.4	10:42	0.6	5:11	6:54	
20	Sun	4:14	3.0	4:57	3.5	10:37	0.5	11:51	0.7	5:12	6:52	
21	Mon	5:15	2.9	5:55	3.6	11:38	0.6			5:13	6:51	
22	Tue	6:19	2.9	6:59	3.6	1:09	0.7	1:02	0.6	5:14	6:49	
23	Wed	7:31	2.9	8:10	3.7	2:19	0.6	2:19	0.5	5:15	6:48	
24	Thu	8:49	3.0	9:22	3.8	3:20	0.4	3:25	0.3	5:16	6:46	
25	Fri	9:58	3.2	10:23	4.0	4:16	0.1	4:25	0.2	5:17	6:45	
26	Sat	10:55	3.5	11:16	4.1	5:09	-0.1	5:22	0.0	5:18	6:43	
27	Sun	11:46	3.8			5:59	-0.3	6:16	-0.1	5:19	6:41	
28	Mon	12:05	4.2	12:34	3.9	6:48	-0.4	7:08	-0.2	5:20	6:40	
29	Tue	12:53	4.1	1:22	3.9	7:34	-0.4	7:58	-0.1	5:21	6:38	
30	Wed	1:41	3.9	2:10	3.9	8:18	-0.3	8:45	0.0	5:22	6:37	
31	Thu	2:30	3.7	2:59	3.8	8:59	-0.1	9:32	0.2	5:24	6:35	