US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1732

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**7:40**	2.6	**8:16**	3.3	**2:31**	0.8	**2:21**	0.8	4:53	7:17	
2	Sat	**8:48**	2.6	**9:15**	3.5	**3:25**	0.7	**3:18**	0.7	4:54	7:16	
3	Sun	**9:50**	2.8	**10:09**	3.7	**4:15**	0.4	**4:11**	0.5	4:55	7:15	
4	Mon	**10:41**	3.0	**10:57**	3.9	**5:04**	0.2	**5:03**	0.3	4:56	7:13	
5	Tue	**11:27**	3.3	**11:43**	4.1	**5:51**	0.0	**5:56**	0.1	4:57	7:12	
6	Wed			**12:13**	3.5	**6:39**	-0.2	**6:48**	-0.1	4:58	7:11	
7	Thu	**12:29**	4.1	**1:00**	3.7	**7:25**	-0.4	**7:39**	-0.2	4:59	7:10	
8	Fri	**1:18**	4.1	**1:50**	3.8	**8:09**	-0.5	**8:30**	-0.2	5:00	7:08	
9	Sat	**2:09**	4.0	**2:44**	3.9	**8:54**	-0.4	**9:21**	-0.1	5:01	7:07	
10	Sun	**3:05**	3.8	**3:41**	3.9	**9:40**	-0.3	**10:15**	0.1	5:02	7:06	
11	Mon	**4:04**	3.6	**4:39**	3.8	**10:30**	-0.1	**11:17**	0.3	5:03	7:04	
12	Tue	**5:04**	3.4	**5:37**	3.8	**11:27**	0.1			5:04	7:03	
13	Wed	**6:02**	3.2	**6:34**	3.7	**12:25**	0.4	**12:30**	0.3	5:05	7:02	
14	Thu	**7:02**	3.1	**7:34**	3.6	**1:32**	0.5	**1:36**	0.4	5:06	7:00	
15	Fri	**8:07**	3.0	**8:37**	3.5	**2:35**	0.4	**2:37**	0.4	5:07	6:59	
16	Sat	**9:12**	3.0	**9:38**	3.6	**3:33**	0.3	**3:34**	0.4	5:08	6:57	
17	Sun	**10:10**	3.1	**10:31**	3.6	**4:24**	0.3	**4:26**	0.4	5:10	6:56	
18	Mon	**10:59**	3.3	**11:15**	3.7	**5:12**	0.2	**5:15**	0.4	5:11	6:54	
19	Tue	**11:43**	3.4	**11:56**	3.7	**5:57**	0.1	**6:01**	0.3	5:12	6:53	
20	Wed			**12:24**	3.4	**6:39**	0.1	**6:45**	0.3	5:13	6:51	
21	Thu	**12:34**	3.6	**1:03**	3.5	**7:18**	0.1	**7:27**	0.3	5:14	6:50	
22	Fri	**1:11**	3.5	**1:42**	3.5	**7:55**	0.1	**8:07**	0.4	5:15	6:48	
23	Sat	**1:48**	3.4	**2:21**	3.4	**8:28**	0.2	**8:44**	0.5	5:16	6:47	
24	Sun	**2:25**	3.2	**3:00**	3.4	**8:59**	0.3	**9:20**	0.6	5:17	6:45	
25	Mon	**3:02**	3.1	**3:39**	3.3	**9:28**	0.5	**9:57**	0.7	5:18	6:44	
26	Tue	**3:41**	2.9	**4:18**	3.2	**9:54**	0.6	**10:39**	0.9	5:19	6:42	
27	Wed	**4:24**	2.8	**4:58**	3.2	**10:24**	0.8	**11:36**	1.0	5:20	6:41	
28	Thu	**5:12**	2.7	**5:42**	3.2	**11:08**	0.9			5:21	6:39	
29	Fri	**6:04**	2.6	**6:32**	3.2	**12:48**	1.0	**12:21**	1.0	5:22	6:37	
30	Sat	**7:02**	2.7	**7:32**	3.3	**1:54**	0.9	**1:45**	0.9	5:23	6:36	
31	Sun	**8:11**	2.8	**8:39**	3.5	**2:52**	0.7	**2:51**	0.7	5:24	6:34	