US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1745

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**2:34**	3.9	**3:20**	3.7	**9:24**	-0.4	**9:40**	0.0	4:53	7:17	
2	Mon	**3:31**	3.7	**4:17**	3.8	**10:11**	-0.2	**10:37**	0.2	4:54	7:16	
3	Tue	**4:29**	3.5	**5:12**	3.8	**11:02**	-0.1	**11:41**	0.4	4:55	7:15	
4	Wed	**5:26**	3.3	**6:05**	3.7	**11:59**	0.1			4:56	7:14	
5	Thu	**6:22**	3.1	**7:00**	3.7	**12:49**	0.5	**1:00**	0.3	4:57	7:12	
6	Fri	**7:22**	2.9	**7:59**	3.6	**1:55**	0.5	**2:02**	0.4	4:58	7:11	
7	Sat	**8:29**	2.8	**9:01**	3.6	**2:57**	0.5	**3:00**	0.5	4:59	7:10	
8	Sun	**9:35**	2.8	**9:59**	3.6	**3:53**	0.4	**3:55**	0.5	5:00	7:09	
9	Mon	**10:31**	2.9	**10:49**	3.6	**4:44**	0.3	**4:46**	0.5	5:01	7:07	
10	Tue	**11:20**	3.0	**11:34**	3.7	**5:32**	0.3	**5:34**	0.5	5:02	7:06	
11	Wed			**12:03**	3.1	**6:17**	0.2	**6:21**	0.5	5:03	7:05	
12	Thu	**12:14**	3.7	**12:43**	3.2	**6:59**	0.2	**7:04**	0.5	5:04	7:03	
13	Fri	**12:53**	3.6	**1:23**	3.2	**7:37**	0.1	**7:45**	0.5	5:05	7:02	
14	Sat	**1:31**	3.5	**2:02**	3.2	**8:12**	0.2	**8:24**	0.5	5:06	7:00	
15	Sun	**2:09**	3.4	**2:40**	3.2	**8:45**	0.2	**9:00**	0.6	5:07	6:59	
16	Mon	**2:46**	3.2	**3:18**	3.2	**9:14**	0.3	**9:35**	0.7	5:08	6:58	
17	Tue	**3:23**	3.1	**3:53**	3.2	**9:41**	0.5	**10:12**	0.9	5:09	6:56	
18	Wed	**4:03**	2.9	**4:28**	3.2	**10:08**	0.6	**10:56**	1.0	5:10	6:55	
19	Thu	**4:45**	2.8	**5:04**	3.2	**10:41**	0.7			5:11	6:53	
20	Fri	**5:32**	2.7	**5:47**	3.2	**12:00**	1.0	**11:26 AM**	0.8	5:13	6:52	
21	Sat	**6:24**	2.6	**6:39**	3.3	**1:16**	1.0	**12:34**	0.9	5:14	6:50	
22	Sun	**7:28**	2.6	**7:42**	3.4	**2:23**	0.9	**1:54**	0.8	5:15	6:49	
23	Mon	**8:42**	2.7	**8:55**	3.5	**3:21**	0.7	**3:02**	0.7	5:16	6:47	
24	Tue	**9:48**	2.9	**10:00**	3.8	**4:14**	0.4	**4:02**	0.5	5:17	6:46	
25	Wed	**10:42**	3.2	**10:54**	4.0	**5:04**	0.2	**4:59**	0.2	5:18	6:44	
26	Thu	**11:31**	3.5	**11:44**	4.1	**5:53**	-0.1	**5:55**	0.0	5:19	6:42	
27	Fri			**12:19**	3.8	**6:41**	-0.3	**6:49**	-0.2	5:20	6:41	
28	Sat	**12:32**	4.2	**1:08**	3.9	**7:27**	-0.4	**7:41**	-0.2	5:21	6:39	
29	Sun	**1:22**	4.1	**1:59**	4.0	**8:12**	-0.4	**8:32**	-0.2	5:22	6:38	
30	Mon	**2:14**	3.9	**2:52**	4.0	**8:57**	-0.4	**9:23**	-0.1	5:23	6:36	
31	Tue	**3:09**	3.7	**3:48**	4.0	**9:42**	-0.2	**10:18**	0.1	5:24	6:34	