US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1757

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:59	4.3	1:34	3.7	7:51	-0.6	8:06	-0.3	4:53	7:17	
2	Tue	1:53	4.2	2:31	3.8	8:40	-0.6	8:58	-0.2	4:54	7:16	
3	Wed	2:50	4.0	3:29	3.7	9:28	-0.5	9:51	0.0	4:55	7:15	
4	Thu	3:47	3.8	4:25	3.7	10:17	-0.3	10:47	0.2	4:56	7:13	
5	Fri	4:43	3.6	5:19	3.6	11:09	0.0	11:48	0.4	4:57	7:12	
6	Sat	5:37	3.4	6:11	3.5			12:05	0.2	4:58	7:11	
7	Sun	6:30	3.1	7:01	3.4	12:52	0.6	1:02	0.4	4:59	7:10	
8	Mon	7:24	3.0	7:55	3.4	1:54	0.6	1:57	0.5	5:00	7:08	
9	Tue	8:22	2.9	8:50	3.4	2:50	0.6	2:49	0.6	5:01	7:07	
10	Wed	9:21	2.9	9:44	3.4	3:42	0.5	3:38	0.6	5:02	7:06	
11	Thu	10:13	2.9	10:31	3.5	4:29	0.5	4:24	0.6	5:03	7:05	
12	Fri	11:00	3.0	11:13	3.6	5:14	0.4	5:09	0.5	5:04	7:03	
13	Sat	11:42	3.1	11:51	3.6	5:57	0.3	5:53	0.5	5:05	7:02	
14	Sun			12:22	3.2	6:38	0.2	6:36	0.4	5:06	7:00	
15	Mon	12:26	3.6	1:00	3.3	7:17	0.2	7:17	0.4	5:07	6:59	
16	Tue	1:00	3.6	1:38	3.3	7:54	0.1	7:56	0.4	5:08	6:58	
17	Wed	1:31	3.5	2:14	3.3	8:28	0.2	8:33	0.4	5:10	6:56	
18	Thu	2:02	3.4	2:48	3.3	9:00	0.2	9:08	0.5	5:11	6:55	
19	Fri	2:36	3.3	3:25	3.3	9:31	0.3	9:46	0.6	5:12	6:53	
20	Sat	3:17	3.2	4:07	3.3	10:02	0.4	10:31	0.7	5:13	6:52	
21	Sun	4:08	3.1	4:54	3.4	10:41	0.5	11:33	0.7	5:14	6:50	
22	Mon	5:04	3.0	5:46	3.5	11:36	0.6			5:15	6:49	
23	Tue	6:04	3.0	6:44	3.6	12:50	0.7	12:51	0.6	5:16	6:47	
24	Wed	7:09	3.0	7:49	3.7	2:01	0.6	2:05	0.5	5:17	6:45	
25	Thu	8:23	3.1	9:00	3.8	3:04	0.4	3:10	0.3	5:18	6:44	
26	Fri	9:35	3.3	10:04	4.0	4:01	0.1	4:10	0.1	5:19	6:42	
27	Sat	10:36	3.5	11:00	4.2	4:55	-0.1	5:07	-0.1	5:20	6:41	
28	Sun	11:30	3.7	11:52	4.3	5:48	-0.3	6:03	-0.2	5:21	6:39	
29	Mon			12:22	3.9	6:39	-0.5	6:57	-0.3	5:22	6:37	
30	Tue	12:42	4.3	1:13	4.0	7:28	-0.5	7:49	-0.3	5:23	6:36	
31	Wed	1:34	4.2	2:05	3.9	8:15	-0.5	8:39	-0.2	5:24	6:34	