US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1759

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:24	3.0	6:09	3.1			12:04	0.5	4:28	7:37	
2	Mon	6:10	2.9	6:54	3.1	12:25	0.9	12:54	0.6	4:28	7:37	
3	Tue	6:56	2.8	7:40	3.1	1:25	0.9	1:43	0.6	4:29	7:37	
4	Wed	7:47	2.7	8:29	3.2	2:21	0.9	2:29	0.6	4:29	7:37	
5	Thu	8:43	2.6	9:18	3.3	3:12	0.7	3:14	0.6	4:30	7:37	
6	Fri	9:39	2.7	10:03	3.4	4:00	0.6	3:58	0.5	4:30	7:36	
7	Sat	10:28	2.8	10:44	3.6	4:47	0.4	4:42	0.5	4:31	7:36	
8	Sun	11:12	2.9	11:22	3.7	5:33	0.3	5:27	0.4	4:32	7:36	
9	Mon	11:52	2.9			6:19	0.1	6:13	0.3	4:32	7:35	
10	Tue	12:00	3.8	12:34	3.0	7:05	0.0	7:00	0.3	4:33	7:35	
11	Wed	12:40	3.9	1:17	3.1	7:49	-0.1	7:46	0.2	4:34	7:34	
12	Thu	1:25	3.9	2:05	3.1	8:32	-0.2	8:32	0.2	4:35	7:34	
13	Fri	2:14	3.8	2:59	3.2	9:15	-0.2	9:20	0.2	4:35	7:33	
14	Sat	3:09	3.7	3:55	3.3	10:00	-0.1	10:14	0.3	4:36	7:33	
15	Sun	4:07	3.6	4:52	3.4	10:49	-0.1	11:16	0.4	4:37	7:32	
16	Mon	5:05	3.5	5:46	3.5	11:45	0.0			4:38	7:32	
17	Tue	6:02	3.4	6:40	3.6	12:26	0.4	12:44	0.1	4:39	7:31	
18	Wed	7:00	3.2	7:38	3.7	1:35	0.4	1:44	0.1	4:40	7:30	
19	Thu	8:03	3.1	8:39	3.7	2:38	0.3	2:42	0.1	4:40	7:30	
20	Fri	9:10	3.1	9:40	3.8	3:37	0.2	3:38	0.1	4:41	7:29	
21	Sat	10:11	3.2	10:35	3.9	4:32	0.1	4:32	0.1	4:42	7:28	
22	Sun	11:06	3.2	11:24	3.9	5:25	0.0	5:24	0.1	4:43	7:27	
23	Mon	11:56	3.3			6:16	-0.1	6:15	0.1	4:44	7:26	
24	Tue	12:10	3.9	12:45	3.3	7:04	-0.1	7:04	0.2	4:45	7:25	
25	Wed	12:55	3.8	1:33	3.3	7:50	-0.1	7:50	0.3	4:46	7:25	
26	Thu	1:40	3.7	2:21	3.2	8:32	-0.1	8:33	0.4	4:47	7:24	
27	Fri	2:25	3.6	3:09	3.2	9:11	0.1	9:15	0.5	4:48	7:23	
28	Sat	3:11	3.4	3:57	3.2	9:50	0.2	9:57	0.6	4:49	7:22	
29	Sun	3:58	3.2	4:43	3.1	10:29	0.4	10:42	0.8	4:50	7:21	
30	Mon	4:43	3.0	5:27	3.1	11:09	0.5	11:36	0.9	4:51	7:20	
31	Tue	5:27	2.9	6:09	3.1	11:54	0.7			4:52	7:19	