US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1760

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**3:00**	3.6	**3:41**	3.3	**9:48**	0.0	**10:06**	0.4	4:53	7:17	
2	Sat	**3:53**	3.4	**4:33**	3.4	**10:31**	0.1	**11:04**	0.5	4:54	7:15	
3	Sun	**4:48**	3.3	**5:25**	3.6	**11:21**	0.2			4:55	7:14	
4	Mon	**5:45**	3.2	**6:19**	3.6	**12:15**	0.6	**12:21**	0.3	4:56	7:13	
5	Tue	**6:45**	3.1	**7:18**	3.7	**1:27**	0.5	**1:27**	0.3	4:57	7:12	
6	Wed	**7:51**	3.0	**8:24**	3.7	**2:33**	0.4	**2:31**	0.3	4:58	7:11	
7	Thu	**9:03**	3.1	**9:31**	3.8	**3:34**	0.3	**3:32**	0.2	4:59	7:09	
8	Fri	**10:09**	3.2	**10:31**	4.0	**4:30**	0.1	**4:29**	0.1	5:01	7:08	
9	Sat	**11:06**	3.3	**11:24**	4.0	**5:24**	-0.1	**5:25**	0.1	5:02	7:07	
10	Sun	**11:58**	3.5			**6:16**	-0.2	**6:19**	0.0	5:03	7:05	
11	Mon	**12:13**	4.0	**12:48**	3.5	**7:06**	-0.3	**7:11**	0.0	5:04	7:04	
12	Tue	**1:01**	4.0	**1:37**	3.5	**7:52**	-0.3	**7:59**	0.1	5:05	7:03	
13	Wed	**1:48**	3.8	**2:26**	3.5	**8:35**	-0.2	**8:44**	0.2	5:06	7:01	
14	Thu	**2:35**	3.6	**3:15**	3.5	**9:15**	0.0	**9:28**	0.4	5:07	7:00	
15	Fri	**3:24**	3.4	**4:03**	3.4	**9:55**	0.2	**10:13**	0.6	5:08	6:59	
16	Sat	**4:13**	3.2	**4:50**	3.3	**10:36**	0.4	**11:04**	0.8	5:09	6:57	
17	Sun	**5:01**	3.0	**5:35**	3.3	**11:19**	0.6			5:10	6:56	
18	Mon	**5:48**	2.8	**6:19**	3.2	**12:02**	0.9	**12:08**	0.8	5:11	6:54	
19	Tue	**6:36**	2.7	**7:06**	3.2	**1:03**	1.0	**1:04**	0.9	5:12	6:53	
20	Wed	**7:30**	2.6	**7:58**	3.2	**2:03**	0.9	**2:00**	1.0	5:13	6:51	
21	Thu	**8:31**	2.6	**8:55**	3.2	**2:57**	0.9	**2:54**	0.9	5:14	6:50	
22	Fri	**9:31**	2.7	**9:48**	3.4	**3:47**	0.7	**3:44**	0.8	5:15	6:48	
23	Sat	**10:22**	2.8	**10:34**	3.5	**4:33**	0.5	**4:31**	0.7	5:16	6:47	
24	Sun	**11:05**	3.0	**11:14**	3.7	**5:18**	0.4	**5:18**	0.5	5:17	6:45	
25	Mon	**11:43**	3.2	**11:52**	3.8	**6:01**	0.2	**6:04**	0.4	5:18	6:43	
26	Tue			**12:20**	3.3	**6:43**	0.0	**6:49**	0.3	5:19	6:42	
27	Wed	**12:30**	3.9	**12:57**	3.5	**7:24**	-0.1	**7:34**	0.2	5:20	6:40	
28	Thu	**1:09**	3.9	**1:37**	3.6	**8:03**	-0.1	**8:19**	0.1	5:21	6:39	
29	Fri	**1:53**	3.8	**2:21**	3.7	**8:42**	-0.1	**9:04**	0.2	5:22	6:37	
30	Sat	**2:41**	3.7	**3:11**	3.7	**9:21**	-0.1	**9:53**	0.2	5:23	6:35	
31	Sun	**3:35**	3.5	**4:06**	3.7	**10:05**	0.1	**10:51**	0.4	5:24	6:34	