US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:08	3.1	6:40	-0.1	6:38	0.1	4:28	7:37	
2	Tue	12:20	4.0	12:55	3.2	7:28	-0.2	7:28	0.0	4:29	7:37	
3	Wed	1:07	4.0	1:46	3.3	8:14	-0.3	8:17	0.0	4:29	7:37	
4	Thu	1:59	4.0	2:43	3.3	9:00	-0.4	9:08	0.0	4:30	7:37	
5	Fri	2:56	3.9	3:43	3.4	9:48	-0.3	10:02	0.1	4:30	7:36	
6	Sat	3:57	3.8	4:42	3.5	10:39	-0.2	11:03	0.3	4:31	7:36	
7	Sun	4:56	3.6	5:38	3.5	11:36	-0.1			4:32	7:36	
8	Mon	5:53	3.5	6:33	3.6	12:11	0.3	12:35	0.0	4:32	7:35	
9	Tue	6:51	3.3	7:29	3.6	1:19	0.4	1:35	0.0	4:33	7:35	
10	Wed	7:51	3.2	8:29	3.7	2:22	0.3	2:31	0.0	4:34	7:34	
11	Thu	8:55	3.1	9:27	3.7	3:21	0.2	3:26	0.1	4:35	7:34	
12	Fri	9:55	3.1	10:21	3.8	4:16	0.1	4:17	0.1	4:35	7:33	
13	Sat	10:49	3.2	11:08	3.8	5:07	0.0	5:07	0.1	4:36	7:33	
14	Sun	11:38	3.2	11:52	3.8	5:57	0.0	5:55	0.2	4:37	7:32	
15	Mon			12:24	3.2	6:44	-0.1	6:42	0.2	4:38	7:32	
16	Tue	12:35	3.8	1:10	3.2	7:29	-0.1	7:27	0.3	4:39	7:31	
17	Wed	1:16	3.7	1:56	3.2	8:10	0.0	8:09	0.4	4:39	7:30	
18	Thu	1:58	3.6	2:42	3.1	8:50	0.1	8:49	0.5	4:40	7:30	
19	Fri	2:41	3.4	3:29	3.1	9:27	0.2	9:28	0.6	4:41	7:29	
20	Sat	3:25	3.2	4:16	3.1	10:04	0.3	10:08	0.7	4:42	7:28	
21	Sun	4:09	3.1	5:00	3.1	10:41	0.5	10:54	0.9	4:43	7:27	
22	Mon	4:51	3.0	5:41	3.1	11:22	0.6	11:50	1.0	4:44	7:26	
23	Tue	5:32	2.8	6:20	3.1			12:08	0.7	4:45	7:26	
24	Wed	6:14	2.8	7:01	3.1	12:54	1.0	1:01	0.7	4:46	7:25	
25	Thu	7:03	2.7	7:48	3.2	1:56	0.9	1:56	0.7	4:47	7:24	
26	Fri	8:03	2.7	8:42	3.4	2:52	0.7	2:50	0.6	4:48	7:23	
27	Sat	9:09	2.8	9:38	3.6	3:45	0.5	3:41	0.5	4:49	7:22	
28	Sun	10:08	2.9	10:28	3.8	4:35	0.3	4:33	0.3	4:50	7:21	
29	Mon	10:59	3.1	11:16	4.0	5:26	0.1	5:25	0.2	4:51	7:20	
30	Tue	11:47	3.3			6:16	-0.1	6:19	0.0	4:52	7:19	
31	Wed	12:04	4.2	12:36	3.5	7:05	-0.3	7:12	-0.1	4:53	7:18	