US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:53	4.2	1:28	3.6	7:53	-0.4	8:04	-0.2	4:54	7:17	
2	Fri	1:46	4.1	2:23	3.7	8:39	-0.5	8:55	-0.1	4:55	7:15	
3	Sat	2:42	4.0	3:21	3.7	9:26	-0.4	9:48	0.0	4:56	7:14	
4	Sun	3:41	3.8	4:20	3.7	10:16	-0.3	10:47	0.1	4:57	7:13	
5	Mon	4:40	3.7	5:17	3.7	11:10	-0.1	11:52	0.3	4:58	7:12	
6	Tue	5:37	3.5	6:12	3.7			12:09	0.1	4:59	7:11	
7	Wed	6:34	3.3	7:08	3.6	12:59	0.4	1:10	0.2	5:00	7:09	
8	Thu	7:34	3.1	8:07	3.6	2:03	0.4	2:09	0.3	5:01	7:08	
9	Fri	8:37	3.1	9:07	3.6	3:03	0.4	3:06	0.3	5:02	7:07	
10	Sat	9:38	3.1	10:03	3.6	3:57	0.3	3:58	0.4	5:03	7:05	
11	Sun	10:32	3.1	10:51	3.7	4:48	0.2	4:47	0.4	5:04	7:04	
12	Mon	11:20	3.2	11:34	3.7	5:35	0.1	5:35	0.4	5:05	7:03	
13	Tue			12:03	3.3	6:20	0.1	6:20	0.3	5:06	7:01	
14	Wed	12:14	3.7	12:45	3.3	7:02	0.1	7:04	0.3	5:07	7:00	
15	Thu	12:53	3.7	1:26	3.3	7:42	0.1	7:45	0.4	5:08	6:58	
16	Fri	1:31	3.6	2:07	3.3	8:18	0.1	8:23	0.4	5:09	6:57	
17	Sat	2:08	3.4	2:48	3.3	8:52	0.2	9:00	0.5	5:10	6:55	
18	Sun	2:45	3.3	3:30	3.2	9:25	0.3	9:36	0.7	5:11	6:54	
19	Mon	3:22	3.1	4:10	3.2	9:54	0.5	10:14	0.8	5:12	6:53	
20	Tue	4:02	3.0	4:48	3.2	10:24	0.6	10:59	0.9	5:13	6:51	
21	Wed	4:44	2.9	5:26	3.2	10:59	0.7			5:14	6:49	
22	Thu	5:30	2.8	6:08	3.2	12:03	1.0	11:51 AM	0.8	5:15	6:48	
23	Fri	6:22	2.8	6:58	3.3	1:14	0.9	1:04	0.8	5:16	6:46	
24	Sat	7:23	2.8	7:58	3.4	2:18	0.8	2:14	0.7	5:17	6:45	
25	Sun	8:34	2.9	9:05	3.6	3:16	0.6	3:15	0.6	5:18	6:43	
26	Mon	9:41	3.1	10:05	3.9	4:09	0.3	4:12	0.3	5:19	6:42	
27	Tue	10:37	3.3	10:57	4.1	5:00	0.1	5:07	0.1	5:20	6:40	
28	Wed	11:27	3.6	11:47	4.2	5:50	-0.2	6:01	-0.1	5:21	6:38	
29	Thu			12:16	3.8	6:40	-0.4	6:55	-0.2	5:22	6:37	
30	Fri	12:37	4.3	1:07	4.0	7:28	-0.5	7:48	-0.3	5:23	6:35	
31	Sat	1:29	4.2	2:00	4.0	8:15	-0.5	8:39	-0.3	5:25	6:33	