US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1778

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:57	3.2	6:38	3.3	12:05	0.6	12:40	0.3	4:28	7:37	
2	Thu	6:47	3.0	7:27	3.3	1:08	0.7	1:32	0.4	4:28	7:37	
3	Fri	7:39	2.9	8:17	3.3	2:07	0.7	2:22	0.5	4:29	7:37	
4	Sat	8:34	2.8	9:08	3.4	3:00	0.6	3:07	0.5	4:30	7:37	
5	Sun	9:30	2.7	9:56	3.4	3:49	0.6	3:51	0.5	4:30	7:36	
6	Mon	10:20	2.8	10:39	3.5	4:36	0.5	4:34	0.5	4:31	7:36	
7	Tue	11:06	2.8	11:19	3.6	5:20	0.4	5:16	0.5	4:31	7:36	
8	Wed	11:48	2.9	11:57	3.6	6:05	0.3	6:00	0.5	4:32	7:36	
9	Thu			12:28	2.9	6:48	0.2	6:43	0.5	4:33	7:35	
10	Fri	12:32	3.6	1:07	2.9	7:29	0.1	7:24	0.5	4:34	7:35	
11	Sat	1:07	3.6	1:47	2.9	8:08	0.1	8:03	0.5	4:34	7:34	
12	Sun	1:42	3.5	2:26	2.9	8:45	0.1	8:41	0.5	4:35	7:34	
13	Mon	2:19	3.5	3:08	2.9	9:21	0.1	9:19	0.6	4:36	7:33	
14	Tue	3:03	3.4	3:53	3.0	9:58	0.2	10:02	0.6	4:37	7:33	
15	Wed	3:52	3.3	4:40	3.1	10:39	0.2	10:57	0.7	4:37	7:32	
16	Thu	4:45	3.3	5:28	3.3	11:27	0.2			4:38	7:31	
17	Fri	5:40	3.2	6:18	3.5	12:08	0.7	12:24	0.3	4:39	7:31	
18	Sat	6:37	3.1	7:14	3.6	1:21	0.6	1:26	0.2	4:40	7:30	
19	Sun	7:41	3.1	8:17	3.7	2:28	0.4	2:27	0.2	4:41	7:29	
20	Mon	8:52	3.1	9:22	3.9	3:29	0.2	3:26	0.1	4:42	7:29	
21	Tue	9:59	3.2	10:23	4.1	4:27	0.0	4:24	0.0	4:43	7:28	
22	Wed	10:59	3.3	11:18	4.2	5:22	-0.1	5:21	-0.1	4:43	7:27	
23	Thu	11:54	3.4			6:17	-0.3	6:17	-0.1	4:44	7:26	
24	Fri	12:10	4.2	12:48	3.5	7:09	-0.4	7:12	-0.1	4:45	7:25	
25	Sat	1:02	4.1	1:42	3.5	7:58	-0.4	8:03	-0.1	4:46	7:24	
26	Sun	1:55	4.0	2:37	3.5	8:45	-0.4	8:53	0.1	4:47	7:23	
27	Mon	2:48	3.8	3:31	3.5	9:31	-0.2	9:41	0.3	4:48	7:22	
28	Tue	3:41	3.6	4:24	3.4	10:17	0.0	10:33	0.5	4:49	7:21	
29	Wed	4:34	3.4	5:14	3.4	11:04	0.2	11:29	0.7	4:50	7:20	
30	Thu	5:23	3.1	6:00	3.3	11:54	0.4			4:51	7:19	
31	Fri	6:11	2.9	6:46	3.3	12:29	0.8	12:46	0.6	4:52	7:18	