US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1778

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:01**	2.8	**7:35**	3.3	**1:29**	0.8	**1:38**	0.7	4:53	7:17	
2	Sun	**7:55**	2.7	**8:27**	3.3	**2:26**	0.8	**2:28**	0.8	4:54	7:16	
3	Mon	**8:54**	2.6	**9:21**	3.3	**3:18**	0.7	**3:17**	0.7	4:55	7:15	
4	Tue	**9:51**	2.7	**10:10**	3.4	**4:06**	0.6	**4:03**	0.7	4:56	7:14	
5	Wed	**10:40**	2.8	**10:53**	3.5	**4:51**	0.5	**4:48**	0.6	4:57	7:12	
6	Thu	**11:23**	2.9	**11:32**	3.6	**5:36**	0.4	**5:33**	0.6	4:58	7:11	
7	Fri			**12:02**	3.0	**6:19**	0.2	**6:18**	0.5	4:59	7:10	
8	Sat	**12:09**	3.7	**12:39**	3.1	**7:01**	0.1	**7:01**	0.4	5:00	7:09	
9	Sun	**12:44**	3.7	**1:15**	3.2	**7:40**	0.0	**7:43**	0.4	5:01	7:07	
10	Mon	**1:19**	3.7	**1:52**	3.2	**8:18**	0.0	**8:24**	0.3	5:02	7:06	
11	Tue	**1:58**	3.7	**2:32**	3.3	**8:54**	0.0	**9:05**	0.4	5:03	7:05	
12	Wed	**2:42**	3.6	**3:18**	3.4	**9:30**	0.0	**9:49**	0.4	5:04	7:03	
13	Thu	**3:32**	3.4	**4:08**	3.5	**10:10**	0.1	**10:43**	0.5	5:05	7:02	
14	Fri	**4:27**	3.3	**5:01**	3.6	**10:56**	0.2	**11:50**	0.6	5:06	7:01	
15	Sat	**5:25**	3.2	**5:56**	3.6	**11:55**	0.3			5:07	6:59	
16	Sun	**6:25**	3.1	**6:55**	3.7	**1:04**	0.6	**1:03**	0.4	5:08	6:58	
17	Mon	**7:30**	3.0	**8:01**	3.7	**2:13**	0.5	**2:11**	0.3	5:09	6:56	
18	Tue	**8:42**	3.1	**9:11**	3.8	**3:15**	0.3	**3:14**	0.3	5:11	6:55	
19	Wed	**9:50**	3.2	**10:14**	3.9	**4:12**	0.1	**4:13**	0.2	5:12	6:53	
20	Thu	**10:49**	3.4	**11:08**	4.0	**5:06**	0.0	**5:09**	0.1	5:13	6:52	
21	Fri	**11:41**	3.6	**11:58**	4.1	**5:58**	-0.2	**6:04**	0.0	5:14	6:50	
22	Sat			**12:31**	3.7	**6:48**	-0.3	**6:56**	0.0	5:15	6:49	
23	Sun	**12:45**	4.0	**1:19**	3.7	**7:35**	-0.3	**7:45**	0.0	5:16	6:47	
24	Mon	**1:32**	3.9	**2:08**	3.7	**8:18**	-0.2	**8:31**	0.1	5:17	6:46	
25	Tue	**2:20**	3.7	**2:56**	3.6	**9:00**	-0.1	**9:15**	0.3	5:18	6:44	
26	Wed	**3:08**	3.5	**3:44**	3.5	**9:40**	0.1	**10:00**	0.5	5:19	6:42	
27	Thu	**3:58**	3.3	**4:32**	3.4	**10:20**	0.4	**10:49**	0.7	5:20	6:41	
28	Fri	**4:47**	3.0	**5:19**	3.3	**11:02**	0.6	**11:45**	0.9	5:21	6:39	
29	Sat	**5:36**	2.9	**6:04**	3.3	**11:52**	0.8			5:22	6:38	
30	Sun	**6:25**	2.7	**6:52**	3.2	**12:47**	0.9	**12:49**	1.0	5:23	6:36	
31	Mon	**7:19**	2.6	**7:44**	3.2	**1:48**	0.9	**1:48**	1.0	5:24	6:34	