US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1779

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**2:33**	3.4	**3:15**	3.0	**9:21**	0.2	**9:27**	0.7	4:53	7:17	
2	Mon	**3:10**	3.3	**3:52**	3.1	**9:52**	0.3	**10:05**	0.7	4:54	7:16	
3	Tue	**3:52**	3.2	**4:31**	3.2	**10:25**	0.4	**10:54**	0.8	4:55	7:15	
4	Wed	**4:40**	3.1	**5:15**	3.3	**11:06**	0.4			4:56	7:14	
5	Thu	**5:32**	3.0	**6:03**	3.4	**12:03**	0.8	**12:00**	0.5	4:57	7:13	
6	Fri	**6:29**	2.9	**6:59**	3.5	**1:20**	0.8	**1:07**	0.5	4:58	7:11	
7	Sat	**7:35**	2.9	**8:04**	3.7	**2:28**	0.6	**2:16**	0.4	4:59	7:10	
8	Sun	**8:49**	2.9	**9:15**	3.8	**3:29**	0.4	**3:20**	0.3	5:00	7:09	
9	Mon	**9:59**	3.1	**10:19**	4.0	**4:26**	0.2	**4:21**	0.1	5:01	7:08	
10	Tue	**10:58**	3.3	**11:16**	4.2	**5:21**	-0.1	**5:20**	0.0	5:02	7:06	
11	Wed	**11:53**	3.5			**6:15**	-0.3	**6:17**	-0.1	5:03	7:05	
12	Thu	**12:09**	4.2	**12:46**	3.7	**7:06**	-0.4	**7:13**	-0.2	5:04	7:04	
13	Fri	**1:01**	4.2	**1:40**	3.8	**7:55**	-0.5	**8:05**	-0.2	5:05	7:02	
14	Sat	**1:54**	4.1	**2:34**	3.8	**8:42**	-0.4	**8:56**	-0.1	5:06	7:01	
15	Sun	**2:48**	3.9	**3:29**	3.8	**9:28**	-0.3	**9:46**	0.1	5:07	6:59	
16	Mon	**3:43**	3.6	**4:23**	3.7	**10:14**	-0.1	**10:40**	0.3	5:08	6:58	
17	Tue	**4:38**	3.4	**5:14**	3.6	**11:04**	0.2	**11:40**	0.6	5:09	6:57	
18	Wed	**5:31**	3.2	**6:04**	3.5	**11:57**	0.5			5:10	6:55	
19	Thu	**6:23**	2.9	**6:53**	3.4	**12:43**	0.7	**12:54**	0.7	5:11	6:54	
20	Fri	**7:17**	2.8	**7:46**	3.3	**1:45**	0.8	**1:51**	0.8	5:12	6:52	
21	Sat	**8:16**	2.7	**8:43**	3.3	**2:43**	0.7	**2:45**	0.8	5:13	6:51	
22	Sun	**9:17**	2.7	**9:38**	3.4	**3:34**	0.7	**3:35**	0.8	5:14	6:49	
23	Mon	**10:11**	2.8	**10:27**	3.5	**4:21**	0.6	**4:22**	0.7	5:15	6:48	
24	Tue	**10:57**	2.9	**11:09**	3.6	**5:06**	0.5	**5:07**	0.6	5:17	6:46	
25	Wed	**11:37**	3.1	**11:48**	3.6	**5:48**	0.4	**5:51**	0.6	5:18	6:44	
26	Thu			**12:15**	3.2	**6:28**	0.3	**6:34**	0.5	5:19	6:43	
27	Fri	**12:23**	3.6	**12:50**	3.2	**7:07**	0.2	**7:15**	0.5	5:20	6:41	
28	Sat	**12:56**	3.6	**1:23**	3.3	**7:43**	0.1	**7:53**	0.4	5:21	6:40	
29	Sun	**1:29**	3.5	**1:55**	3.3	**8:16**	0.1	**8:30**	0.5	5:22	6:38	
30	Mon	**2:01**	3.4	**2:26**	3.4	**8:48**	0.2	**9:07**	0.5	5:23	6:36	
31	Tue	**2:38**	3.3	**3:03**	3.4	**9:18**	0.3	**9:46**	0.6	5:24	6:35	