US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1780

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:35	3.0	11:41	4.0	6:07	0.0	5:52	0.2	4:28	7:37	
2	Sun			12:24	3.1	6:57	-0.1	6:46	0.1	4:29	7:37	
3	Mon	12:30	4.1	1:17	3.2	7:46	-0.3	7:40	0.0	4:29	7:37	
4	Tue	1:23	4.1	2:13	3.3	8:34	-0.3	8:32	0.0	4:30	7:37	
5	Wed	2:19	4.0	3:13	3.4	9:22	-0.3	9:25	0.1	4:30	7:36	
6	Thu	3:20	3.8	4:13	3.4	10:11	-0.3	10:22	0.2	4:31	7:36	
7	Fri	4:21	3.7	5:10	3.5	11:05	-0.2	11:26	0.3	4:32	7:36	
8	Sat	5:18	3.5	6:04	3.6			12:02	0.0	4:32	7:35	
9	Sun	6:14	3.3	6:57	3.6	12:34	0.4	1:00	0.1	4:33	7:35	
10	Mon	7:10	3.1	7:52	3.6	1:40	0.4	1:56	0.1	4:34	7:34	
11	Tue	8:11	3.0	8:49	3.6	2:41	0.4	2:51	0.2	4:35	7:34	
12	Wed	9:14	2.9	9:45	3.7	3:37	0.3	3:42	0.3	4:35	7:33	
13	Thu	10:13	2.9	10:35	3.7	4:30	0.2	4:31	0.3	4:36	7:33	
14	Fri	11:04	2.9	11:20	3.7	5:20	0.2	5:19	0.4	4:37	7:32	
15	Sat	11:50	3.0			6:07	0.1	6:07	0.4	4:38	7:32	
16	Sun	12:02	3.7	12:34	3.0	6:53	0.1	6:52	0.4	4:39	7:31	
17	Mon	12:44	3.7	1:18	3.0	7:35	0.1	7:35	0.5	4:39	7:30	
18	Tue	1:25	3.6	2:02	3.0	8:14	0.1	8:15	0.5	4:40	7:30	
19	Wed	2:06	3.5	2:47	3.0	8:51	0.2	8:54	0.6	4:41	7:29	
20	Thu	2:47	3.3	3:31	2.9	9:26	0.3	9:31	0.7	4:42	7:28	
21	Fri	3:29	3.2	4:14	3.0	9:59	0.4	10:09	0.9	4:43	7:27	
22	Sat	4:10	3.1	4:53	3.0	10:32	0.5	10:53	1.0	4:44	7:26	
23	Sun	4:50	2.9	5:29	3.0	11:08	0.6	11:52	1.0	4:45	7:26	
24	Mon	5:31	2.8	6:04	3.1	11:50	0.6			4:46	7:25	
25	Tue	6:16	2.7	6:44	3.2	1:01	1.0	12:44	0.7	4:47	7:24	
26	Wed	7:08	2.7	7:34	3.3	2:05	0.9	1:44	0.7	4:48	7:23	
27	Thu	8:14	2.7	8:35	3.5	3:04	0.7	2:44	0.6	4:49	7:22	
28	Fri	9:23	2.8	9:38	3.7	3:59	0.5	3:41	0.4	4:50	7:21	
29	Sat	10:23	2.9	10:35	3.9	4:52	0.3	4:38	0.3	4:51	7:20	
30	Sun	11:16	3.2	11:28	4.1	5:44	0.0	5:35	0.1	4:52	7:19	
31	Mon			12:08	3.4	6:35	-0.2	6:32	0.0	4:53	7:18	