US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1780

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:19	4.2	1:00	3.5	7:25	-0.3	7:27	-0.2	4:54	7:16	
2	Wed	1:11	4.2	1:54	3.6	8:13	-0.4	8:19	-0.2	4:55	7:15	
3	Thu	2:06	4.1	2:51	3.7	8:59	-0.4	9:12	-0.1	4:56	7:14	
4	Fri	3:03	3.9	3:48	3.8	9:46	-0.4	10:06	0.1	4:57	7:13	
5	Sat	4:01	3.7	4:44	3.8	10:36	-0.2	11:05	0.3	4:58	7:12	
6	Sun	4:58	3.5	5:38	3.7	11:30	0.0			4:59	7:10	
7	Mon	5:54	3.2	6:31	3.7	12:11	0.4	12:29	0.2	5:00	7:09	
8	Tue	6:50	3.0	7:25	3.6	1:17	0.5	1:29	0.4	5:01	7:08	
9	Wed	7:50	2.9	8:24	3.5	2:20	0.5	2:27	0.5	5:02	7:07	
10	Thu	8:55	2.8	9:23	3.5	3:18	0.5	3:21	0.6	5:03	7:05	
11	Fri	9:55	2.8	10:16	3.6	4:10	0.4	4:12	0.6	5:04	7:04	
12	Sat	10:47	2.9	11:02	3.6	4:58	0.4	5:00	0.6	5:05	7:03	
13	Sun	11:31	3.0	11:44	3.7	5:44	0.3	5:46	0.5	5:06	7:01	
14	Mon			12:12	3.1	6:27	0.2	6:30	0.5	5:07	7:00	
15	Tue	12:23	3.7	12:52	3.2	7:07	0.2	7:12	0.5	5:08	6:58	
16	Wed	1:00	3.6	1:30	3.2	7:44	0.2	7:52	0.5	5:09	6:57	
17	Thu	1:37	3.5	2:08	3.2	8:18	0.2	8:29	0.6	5:10	6:55	
18	Fri	2:12	3.4	2:44	3.2	8:50	0.3	9:04	0.6	5:11	6:54	
19	Sat	2:47	3.2	3:18	3.2	9:19	0.3	9:38	0.7	5:12	6:52	
20	Sun	3:23	3.1	3:51	3.2	9:46	0.5	10:15	0.8	5:13	6:51	
21	Mon	4:02	2.9	4:27	3.2	10:15	0.6	11:02	0.9	5:14	6:49	
22	Tue	4:48	2.8	5:09	3.3	10:52	0.7			5:15	6:48	
23	Wed	5:39	2.7	5:58	3.3	12:14	1.0	11:45 AM	0.8	5:16	6:46	
24	Thu	6:36	2.7	6:55	3.4	1:31	0.9	1:00	0.8	5:17	6:45	
25	Fri	7:45	2.7	8:04	3.5	2:37	0.8	2:17	0.7	5:18	6:43	
26	Sat	9:00	2.9	9:17	3.7	3:35	0.5	3:24	0.5	5:19	6:42	
27	Sun	10:04	3.1	10:20	4.0	4:29	0.3	4:24	0.3	5:20	6:40	
28	Mon	10:59	3.4	11:14	4.1	5:21	0.0	5:21	0.0	5:21	6:38	
29	Tue	11:50	3.7			6:11	-0.2	6:17	-0.1	5:22	6:37	
30	Wed	12:05	4.2	12:40	3.9	7:00	-0.4	7:12	-0.3	5:24	6:35	
31	Thu	12:55	4.2	1:31	4.0	7:47	-0.5	8:04	-0.3	5:25	6:33	