US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1796

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:48**	3.1	**9:19**	3.9	**3:28**	0.3	**3:27**	0.0	4:28	7:37	
2	Sat	**9:55**	3.2	**10:18**	4.1	**4:25**	0.0	**4:22**	-0.1	4:29	7:37	
3	Sun	**10:54**	3.3	**11:13**	4.2	**5:21**	-0.2	**5:18**	-0.2	4:29	7:37	
4	Mon	**11:49**	3.4			**6:16**	-0.3	**6:15**	-0.2	4:30	7:37	
5	Tue	**12:06**	4.3	**12:45**	3.5	**7:10**	-0.5	**7:11**	-0.2	4:31	7:36	
6	Wed	**12:59**	4.2	**1:42**	3.5	**8:01**	-0.5	**8:04**	-0.2	4:31	7:36	
7	Thu	**1:55**	4.1	**2:41**	3.5	**8:51**	-0.5	**8:57**	-0.1	4:32	7:36	
8	Fri	**2:53**	3.9	**3:40**	3.5	**9:40**	-0.4	**9:49**	0.1	4:33	7:35	
9	Sat	**3:51**	3.7	**4:37**	3.5	**10:31**	-0.2	**10:45**	0.4	4:33	7:35	
10	Sun	**4:47**	3.5	**5:30**	3.4	**11:24**	0.0	**11:46**	0.5	4:34	7:34	
11	Mon	**5:40**	3.3	**6:20**	3.4			**12:19**	0.2	4:35	7:34	
12	Tue	**6:30**	3.1	**7:08**	3.4	**12:49**	0.7	**1:13**	0.4	4:36	7:33	
13	Wed	**7:22**	2.9	**7:59**	3.3	**1:49**	0.7	**2:04**	0.5	4:36	7:33	
14	Thu	**8:17**	2.8	**8:51**	3.4	**2:45**	0.6	**2:52**	0.5	4:37	7:32	
15	Fri	**9:14**	2.7	**9:41**	3.4	**3:35**	0.6	**3:38**	0.5	4:38	7:32	
16	Sat	**10:07**	2.8	**10:27**	3.5	**4:23**	0.5	**4:22**	0.5	4:39	7:31	
17	Sun	**10:54**	2.8	**11:09**	3.6	**5:08**	0.4	**5:05**	0.5	4:40	7:30	
18	Mon	**11:37**	2.9	**11:48**	3.6	**5:52**	0.3	**5:49**	0.5	4:41	7:30	
19	Tue			**12:18**	2.9	**6:35**	0.2	**6:33**	0.5	4:41	7:29	
20	Wed	**12:24**	3.6	**12:57**	3.0	**7:17**	0.1	**7:14**	0.5	4:42	7:28	
21	Thu	**12:59**	3.6	**1:35**	3.0	**7:55**	0.1	**7:54**	0.5	4:43	7:27	
22	Fri	**1:34**	3.6	**2:13**	3.0	**8:32**	0.1	**8:32**	0.5	4:44	7:26	
23	Sat	**2:09**	3.5	**2:52**	3.0	**9:07**	0.1	**9:09**	0.5	4:45	7:26	
24	Sun	**2:48**	3.4	**3:33**	3.1	**9:42**	0.2	**9:49**	0.6	4:46	7:25	
25	Mon	**3:34**	3.3	**4:18**	3.2	**10:19**	0.2	**10:37**	0.7	4:47	7:24	
26	Tue	**4:25**	3.3	**5:05**	3.3	**11:02**	0.3	**11:43**	0.7	4:48	7:23	
27	Wed	**5:19**	3.2	**5:55**	3.5	**11:56**	0.3			4:49	7:22	
28	Thu	**6:16**	3.1	**6:50**	3.6	**12:58**	0.7	**1:00**	0.3	4:50	7:21	
29	Fri	**7:19**	3.0	**7:52**	3.7	**2:07**	0.5	**2:05**	0.3	4:51	7:20	
30	Sat	**8:29**	3.1	**9:00**	3.8	**3:10**	0.3	**3:07**	0.2	4:52	7:19	
31	Sun	**9:40**	3.2	**10:04**	4.0	**4:09**	0.1	**4:06**	0.0	4:53	7:17	