US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1797

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:04	3.4	6:47	3.5	12:17	0.4	12:50	0.0	4:28	7:37	
2	Sun	6:59	3.2	7:41	3.5	1:22	0.5	1:46	0.1	4:29	7:37	
3	Mon	7:56	3.0	8:36	3.5	2:24	0.4	2:39	0.2	4:29	7:37	
4	Tue	8:57	2.9	9:29	3.6	3:20	0.4	3:28	0.3	4:30	7:37	
5	Wed	9:54	2.9	10:18	3.6	4:11	0.3	4:15	0.3	4:30	7:36	
6	Thu	10:44	2.9	11:02	3.7	4:59	0.3	5:00	0.4	4:31	7:36	
7	Fri	11:29	2.9	11:43	3.7	5:46	0.2	5:45	0.4	4:32	7:36	
8	Sat			12:12	2.9	6:31	0.2	6:29	0.4	4:32	7:35	
9	Sun	12:22	3.7	12:54	2.9	7:13	0.1	7:11	0.5	4:33	7:35	
10	Mon	1:01	3.6	1:37	2.9	7:54	0.1	7:52	0.5	4:34	7:35	
11	Tue	1:40	3.5	2:21	2.9	8:31	0.2	8:30	0.6	4:35	7:34	
12	Wed	2:19	3.4	3:05	2.9	9:07	0.2	9:06	0.7	4:35	7:34	
13	Thu	2:58	3.3	3:48	2.9	9:41	0.3	9:41	0.8	4:36	7:33	
14	Fri	3:37	3.2	4:28	2.9	10:15	0.4	10:20	0.9	4:37	7:32	
15	Sat	4:18	3.1	5:05	3.0	10:51	0.4	11:10	0.9	4:38	7:32	
16	Sun	5:01	3.0	5:42	3.1	11:33	0.5			4:39	7:31	
17	Mon	5:47	2.9	6:23	3.2	12:19	0.9	12:25	0.5	4:39	7:30	
18	Tue	6:39	2.9	7:12	3.4	1:30	0.8	1:23	0.5	4:40	7:30	
19	Wed	7:40	2.8	8:10	3.6	2:34	0.7	2:23	0.4	4:41	7:29	
20	Thu	8:50	2.9	9:14	3.8	3:33	0.4	3:21	0.3	4:42	7:28	
21	Fri	9:56	3.0	10:15	4.0	4:28	0.2	4:19	0.1	4:43	7:27	
22	Sat	10:55	3.2	11:10	4.2	5:23	0.0	5:16	0.0	4:44	7:27	
23	Sun	11:49	3.4			6:17	-0.2	6:14	-0.1	4:45	7:26	
24	Mon	12:03	4.3	12:44	3.5	7:09	-0.4	7:10	-0.2	4:46	7:25	
25	Tue	12:57	4.3	1:40	3.6	8:00	-0.5	8:05	-0.2	4:47	7:24	
26	Wed	1:53	4.2	2:38	3.7	8:48	-0.5	8:57	-0.1	4:48	7:23	
27	Thu	2:51	4.0	3:37	3.7	9:37	-0.4	9:51	0.0	4:49	7:22	
28	Fri	3:49	3.8	4:34	3.7	10:27	-0.2	10:48	0.2	4:50	7:21	
29	Sat	4:46	3.6	5:27	3.6	11:20	0.0	11:51	0.4	4:51	7:20	
30	Sun	5:41	3.3	6:19	3.6			12:16	0.2	4:52	7:19	
31	Mon	6:34	3.1	7:10	3.5	12:56	0.5	1:13	0.4	4:53	7:18	