US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1800

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:48	3.0	7:38	3.6	1:37	0.6	1:47	0.3	4:28	7:37	
2	Wed	7:53	3.0	8:40	3.8	2:42	0.4	2:46	0.2	4:28	7:37	
3	Thu	9:05	3.0	9:42	4.0	3:43	0.2	3:43	0.1	4:29	7:37	
4	Fri	10:12	3.1	10:39	4.1	4:40	0.0	4:40	0.0	4:29	7:37	
5	Sat	11:11	3.2	11:34	4.2	5:36	-0.2	5:37	0.0	4:30	7:37	
6	Sun			12:07	3.3	6:32	-0.3	6:34	-0.1	4:31	7:36	
7	Mon	12:27	4.2	1:03	3.3	7:25	-0.4	7:30	0.0	4:31	7:36	
8	Tue	1:21	4.1	2:01	3.3	8:14	-0.4	8:22	0.0	4:32	7:36	
9	Wed	2:16	3.9	2:58	3.3	9:02	-0.3	9:13	0.2	4:33	7:35	
10	Thu	3:11	3.8	3:55	3.3	9:49	-0.2	10:04	0.4	4:33	7:35	
11	Fri	4:06	3.5	4:48	3.3	10:37	0.0	10:59	0.6	4:34	7:34	
12	Sat	4:58	3.3	5:37	3.3	11:26	0.2			4:35	7:34	
13	Sun	5:47	3.1	6:23	3.3	12:00	0.7	12:16	0.4	4:36	7:33	
14	Mon	6:35	2.9	7:08	3.2	1:01	0.8	1:07	0.5	4:36	7:33	
15	Tue	7:25	2.7	7:57	3.2	2:00	0.8	1:56	0.6	4:37	7:32	
16	Wed	8:21	2.6	8:48	3.3	2:55	0.8	2:44	0.7	4:38	7:32	
17	Thu	9:19	2.6	9:40	3.3	3:45	0.7	3:30	0.7	4:39	7:31	
18	Fri	10:13	2.7	10:26	3.4	4:31	0.6	4:15	0.7	4:40	7:30	
19	Sat	11:00	2.7	11:07	3.5	5:17	0.5	5:00	0.6	4:41	7:30	
20	Sun	11:43	2.8	11:45	3.6	6:01	0.4	5:45	0.6	4:41	7:29	
21	Mon			12:24	2.9	6:44	0.2	6:30	0.5	4:42	7:28	
22	Tue	12:20	3.6	1:04	3.0	7:25	0.2	7:14	0.5	4:43	7:27	
23	Wed	12:54	3.6	1:43	3.0	8:04	0.1	7:55	0.4	4:44	7:26	
24	Thu	1:29	3.6	2:22	3.1	8:40	0.1	8:34	0.4	4:45	7:25	
25	Fri	2:08	3.5	3:04	3.1	9:15	0.1	9:15	0.4	4:46	7:25	
26	Sat	2:51	3.5	3:49	3.2	9:50	0.1	10:00	0.5	4:47	7:24	
27	Sun	3:41	3.3	4:36	3.4	10:29	0.2	10:55	0.6	4:48	7:23	
28	Mon	4:35	3.2	5:25	3.5	11:15	0.3			4:49	7:22	
29	Tue	5:31	3.1	6:17	3.6	12:04	0.6	12:13	0.3	4:50	7:21	
30	Wed	6:30	3.0	7:15	3.7	1:18	0.6	1:19	0.4	4:51	7:20	
31	Thu	7:37	2.9	8:20	3.8	2:26	0.5	2:26	0.3	4:52	7:19	