US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1801

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**3:46**	3.8	**4:36**	3.2	**10:33**	-0.2	**10:45**	0.3	4:27	7:27	
2	Tue	**4:50**	3.6	**5:35**	3.2	**11:32**	0.0	**11:54**	0.5	4:26	7:27	
3	Wed	**5:48**	3.5	**6:31**	3.3			**12:32**	0.0	4:26	7:28	
4	Thu	**6:44**	3.3	**7:26**	3.4	**1:03**	0.5	**1:30**	0.1	4:25	7:29	
5	Fri	**7:41**	3.1	**8:22**	3.4	**2:07**	0.5	**2:24**	0.1	4:25	7:29	
6	Sat	**8:39**	3.0	**9:16**	3.5	**3:05**	0.4	**3:13**	0.1	4:25	7:30	
7	Sun	**9:36**	3.0	**10:04**	3.6	**3:58**	0.3	**3:59**	0.2	4:24	7:31	
8	Mon	**10:28**	2.9	**10:47**	3.6	**4:47**	0.2	**4:42**	0.3	4:24	7:31	
9	Tue	**11:14**	2.9	**11:27**	3.7	**5:34**	0.2	**5:25**	0.3	4:24	7:32	
10	Wed	**11:57**	2.9			**6:19**	0.1	**6:08**	0.4	4:24	7:33	
11	Thu	**12:04**	3.6	**12:40**	2.9	**7:03**	0.1	**6:50**	0.5	4:24	7:33	
12	Fri	**12:41**	3.6	**1:23**	2.9	**7:45**	0.1	**7:31**	0.5	4:24	7:34	
13	Sat	**1:19**	3.5	**2:09**	2.8	**8:24**	0.2	**8:10**	0.6	4:23	7:34	
14	Sun	**1:56**	3.4	**2:56**	2.8	**9:02**	0.3	**8:46**	0.7	4:23	7:34	
15	Mon	**2:35**	3.3	**3:45**	2.7	**9:39**	0.3	**9:22**	0.8	4:23	7:35	
16	Tue	**3:15**	3.1	**4:31**	2.7	**10:16**	0.4	**10:01**	0.9	4:23	7:35	
17	Wed	**3:58**	3.1	**5:13**	2.8	**10:56**	0.5	**10:48**	0.9	4:23	7:36	
18	Thu	**4:42**	3.0	**5:51**	2.9	**11:40**	0.5	**11:51**	1.0	4:24	7:36	
19	Fri	**5:28**	2.9	**6:30**	3.0			**12:29**	0.5	4:24	7:36	
20	Sat	**6:17**	2.9	**7:13**	3.2	**1:02**	0.9	**1:20**	0.5	4:24	7:37	
21	Sun	**7:12**	2.8	**8:04**	3.4	**2:08**	0.7	**2:13**	0.4	4:24	7:37	
22	Mon	**8:17**	2.8	**9:00**	3.6	**3:08**	0.5	**3:05**	0.3	4:24	7:37	
23	Tue	**9:25**	2.9	**9:57**	3.9	**4:04**	0.3	**3:58**	0.2	4:25	7:37	
24	Wed	**10:27**	3.0	**10:50**	4.1	**4:59**	0.1	**4:53**	0.1	4:25	7:37	
25	Thu	**11:23**	3.1	**11:43**	4.2	**5:54**	-0.1	**5:49**	0.0	4:25	7:37	
26	Fri			**12:18**	3.2	**6:48**	-0.3	**6:47**	-0.1	4:25	7:38	
27	Sat	**12:36**	4.2	**1:15**	3.3	**7:41**	-0.4	**7:43**	-0.1	4:26	7:38	
28	Sun	**1:33**	4.2	**2:15**	3.3	**8:31**	-0.4	**8:37**	-0.1	4:26	7:38	
29	Mon	**2:32**	4.0	**3:17**	3.4	**9:21**	-0.4	**9:32**	0.1	4:27	7:38	
30	Tue	**3:32**	3.9	**4:18**	3.4	**10:11**	-0.3	**10:29**	0.2	4:27	7:38	