US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1802

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**12:55**	3.6	**1:37**	3.0	**7:55**	0.1	**7:46**	0.5	4:28	7:37	
2	Fri	**1:37**	3.5	**2:23**	2.9	**8:35**	0.1	**8:27**	0.6	4:28	7:37	
3	Sat	**2:18**	3.4	**3:11**	2.9	**9:12**	0.2	**9:05**	0.7	4:29	7:37	
4	Sun	**3:01**	3.2	**3:57**	2.9	**9:48**	0.3	**9:44**	0.8	4:29	7:37	
5	Mon	**3:43**	3.1	**4:42**	2.9	**10:23**	0.4	**10:25**	0.9	4:30	7:37	
6	Tue	**4:24**	3.0	**5:22**	3.0	**10:59**	0.5	**11:15**	1.0	4:30	7:36	
7	Wed	**5:04**	2.8	**5:59**	3.0	**11:39**	0.6			4:31	7:36	
8	Thu	**5:44**	2.7	**6:36**	3.1	**12:18**	1.0	**12:24**	0.7	4:32	7:36	
9	Fri	**6:29**	2.7	**7:18**	3.2	**1:23**	1.0	**1:17**	0.7	4:32	7:35	
10	Sat	**7:23**	2.6	**8:08**	3.3	**2:24**	0.8	**2:12**	0.6	4:33	7:35	
11	Sun	**8:31**	2.6	**9:06**	3.5	**3:21**	0.6	**3:07**	0.6	4:34	7:35	
12	Mon	**9:39**	2.7	**10:03**	3.7	**4:14**	0.4	**4:01**	0.4	4:34	7:34	
13	Tue	**10:37**	2.9	**10:55**	3.9	**5:07**	0.2	**4:57**	0.3	4:35	7:34	
14	Wed	**11:29**	3.0	**11:46**	4.1	**5:59**	0.0	**5:53**	0.2	4:36	7:33	
15	Thu			**12:20**	3.2	**6:50**	-0.2	**6:49**	0.0	4:37	7:33	
16	Fri	**12:37**	4.2	**1:13**	3.3	**7:39**	-0.4	**7:43**	-0.1	4:38	7:32	
17	Sat	**1:30**	4.1	**2:09**	3.5	**8:26**	-0.4	**8:36**	-0.1	4:38	7:31	
18	Sun	**2:25**	4.0	**3:07**	3.6	**9:13**	-0.4	**9:29**	0.0	4:39	7:31	
19	Mon	**3:22**	3.9	**4:05**	3.6	**10:00**	-0.3	**10:25**	0.2	4:40	7:30	
20	Tue	**4:20**	3.6	**5:01**	3.7	**10:50**	-0.2	**11:27**	0.3	4:41	7:29	
21	Wed	**5:16**	3.4	**5:54**	3.7	**11:45**	0.0			4:42	7:28	
22	Thu	**6:11**	3.2	**6:46**	3.6	**12:34**	0.4	**12:43**	0.2	4:43	7:28	
23	Fri	**7:07**	3.0	**7:41**	3.5	**1:40**	0.5	**1:41**	0.3	4:44	7:27	
24	Sat	**8:08**	2.9	**8:40**	3.5	**2:41**	0.5	**2:38**	0.4	4:45	7:26	
25	Sun	**9:12**	2.8	**9:38**	3.5	**3:38**	0.4	**3:31**	0.5	4:46	7:25	
26	Mon	**10:11**	2.8	**10:30**	3.5	**4:30**	0.4	**4:22**	0.5	4:47	7:24	
27	Tue	**11:02**	2.9	**11:15**	3.6	**5:19**	0.3	**5:10**	0.5	4:47	7:23	
28	Wed	**11:47**	3.0	**11:57**	3.6	**6:05**	0.2	**5:57**	0.5	4:48	7:22	
29	Thu			**12:29**	3.1	**6:48**	0.2	**6:42**	0.5	4:49	7:21	
30	Fri	**12:36**	3.6	**1:11**	3.1	**7:29**	0.2	**7:24**	0.5	4:50	7:20	
31	Sat	**1:13**	3.5	**1:52**	3.1	**8:05**	0.2	**8:04**	0.5	4:51	7:19	