US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1805

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