US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jun 1807

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:49**	2.7	**9:18**	3.2	**3:16**	0.7	**3:14**	0.5	4:27	7:26	
2	Tue	**9:43**	2.7	**10:02**	3.4	**4:03**	0.6	**3:57**	0.4	4:26	7:27	
3	Wed	**10:30**	2.8	**10:41**	3.5	**4:49**	0.4	**4:40**	0.4	4:26	7:28	
4	Thu	**11:13**	2.9	**11:17**	3.7	**5:34**	0.2	**5:23**	0.3	4:26	7:28	
5	Fri	**11:54**	3.0	**11:53**	3.8	**6:20**	0.1	**6:08**	0.2	4:25	7:29	
6	Sat			**12:35**	3.0	**7:05**	0.0	**6:54**	0.2	4:25	7:30	
7	Sun	**12:31**	3.8	**1:18**	3.1	**7:49**	-0.1	**7:40**	0.1	4:25	7:30	
8	Mon	**1:13**	3.8	**2:06**	3.1	**8:32**	-0.2	**8:25**	0.1	4:24	7:31	
9	Tue	**2:01**	3.8	**3:00**	3.2	**9:15**	-0.2	**9:13**	0.2	4:24	7:32	
10	Wed	**2:55**	3.7	**3:57**	3.2	**10:01**	-0.1	**10:05**	0.2	4:24	7:32	
11	Thu	**3:55**	3.6	**4:54**	3.4	**10:52**	-0.1	**11:07**	0.3	4:24	7:33	
12	Fri	**4:56**	3.5	**5:49**	3.5	**11:49**	0.0			4:24	7:33	
13	Sat	**5:54**	3.3	**6:43**	3.6	**12:17**	0.4	**12:49**	0.0	4:23	7:34	
14	Sun	**6:53**	3.2	**7:40**	3.7	**1:26**	0.4	**1:48**	0.0	4:23	7:34	
15	Mon	**7:56**	3.1	**8:40**	3.8	**2:31**	0.3	**2:45**	0.0	4:23	7:35	
16	Tue	**9:03**	3.1	**9:39**	3.9	**3:30**	0.1	**3:40**	0.0	4:23	7:35	
17	Wed	**10:05**	3.1	**10:33**	3.9	**4:25**	0.0	**4:32**	0.0	4:23	7:36	
18	Thu	**11:00**	3.2	**11:22**	4.0	**5:18**	-0.1	**5:24**	0.0	4:24	7:36	
19	Fri	**11:51**	3.2			**6:09**	-0.2	**6:15**	0.1	4:24	7:36	
20	Sat	**12:08**	4.0	**12:40**	3.2	**6:58**	-0.2	**7:04**	0.1	4:24	7:36	
21	Sun	**12:53**	3.9	**1:29**	3.2	**7:44**	-0.2	**7:50**	0.2	4:24	7:37	
22	Mon	**1:39**	3.7	**2:18**	3.1	**8:28**	-0.1	**8:34**	0.3	4:24	7:37	
23	Tue	**2:26**	3.6	**3:07**	3.1	**9:08**	0.0	**9:16**	0.5	4:24	7:37	
24	Wed	**3:13**	3.4	**3:57**	3.0	**9:48**	0.1	**9:59**	0.7	4:25	7:37	
25	Thu	**4:01**	3.2	**4:44**	3.0	**10:28**	0.3	**10:46**	0.8	4:25	7:37	
26	Fri	**4:48**	3.1	**5:28**	3.0	**11:10**	0.4	**11:42**	0.9	4:25	7:38	
27	Sat	**5:33**	2.9	**6:10**	3.0	**11:55**	0.5			4:26	7:38	
28	Sun	**6:16**	2.8	**6:51**	3.1	**12:42**	1.0	**12:45**	0.6	4:26	7:38	
29	Mon	**7:03**	2.7	**7:35**	3.1	**1:42**	0.9	**1:35**	0.6	4:27	7:38	
30	Tue	**7:56**	2.6	**8:24**	3.2	**2:37**	0.8	**2:26**	0.6	4:27	7:38	