US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1809

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:09	3.9	3:52	3.5	9:47	-0.4	10:07	0.2	4:28	7:37	
2	Sun	4:06	3.7	4:47	3.5	10:37	-0.2	11:03	0.4	4:28	7:37	
3	Mon	5:00	3.4	5:38	3.4	11:29	0.0			4:29	7:37	
4	Tue	5:51	3.2	6:27	3.4	12:05	0.5	12:23	0.2	4:29	7:37	
5	Wed	6:42	3.0	7:16	3.3	1:06	0.6	1:17	0.4	4:30	7:37	
6	Thu	7:34	2.9	8:07	3.3	2:05	0.7	2:08	0.5	4:31	7:36	
7	Fri	8:30	2.8	9:00	3.3	2:59	0.6	2:56	0.5	4:31	7:36	
8	Sat	9:26	2.8	9:50	3.4	3:48	0.5	3:42	0.5	4:32	7:36	
9	Sun	10:18	2.8	10:35	3.5	4:35	0.4	4:27	0.5	4:33	7:35	
10	Mon	11:04	2.9	11:15	3.5	5:19	0.3	5:11	0.4	4:33	7:35	
11	Tue	11:46	3.0	11:52	3.6	6:03	0.2	5:55	0.4	4:34	7:34	
12	Wed			12:27	3.1	6:45	0.1	6:39	0.4	4:35	7:34	
13	Thu	12:27	3.6	1:07	3.1	7:26	0.1	7:20	0.4	4:35	7:33	
14	Fri	12:59	3.6	1:45	3.1	8:04	0.1	8:00	0.4	4:36	7:33	
15	Sat	1:31	3.5	2:24	3.1	8:40	0.1	8:38	0.4	4:37	7:32	
16	Sun	2:05	3.5	3:04	3.1	9:14	0.1	9:17	0.4	4:38	7:32	
17	Mon	2:46	3.4	3:47	3.2	9:49	0.1	9:59	0.5	4:39	7:31	
18	Tue	3:34	3.3	4:33	3.3	10:27	0.2	10:52	0.6	4:40	7:30	
19	Wed	4:29	3.2	5:23	3.4	11:14	0.3			4:40	7:30	
20	Thu	5:26	3.1	6:15	3.6	12:01	0.6	12:15	0.3	4:41	7:29	
21	Fri	6:26	3.1	7:12	3.7	1:14	0.5	1:23	0.3	4:42	7:28	
22	Sat	7:32	3.0	8:17	3.8	2:21	0.4	2:28	0.2	4:43	7:27	
23	Sun	8:46	3.1	9:24	3.9	3:22	0.2	3:29	0.1	4:44	7:27	
24	Mon	9:55	3.2	10:24	4.1	4:20	0.0	4:28	0.0	4:45	7:26	
25	Tue	10:55	3.4	11:19	4.2	5:15	-0.2	5:24	-0.1	4:46	7:25	
26	Wed	11:50	3.6			6:08	-0.4	6:20	-0.2	4:47	7:24	
27	Thu	12:10	4.2	12:42	3.7	7:00	-0.5	7:14	-0.2	4:48	7:23	
28	Fri	1:01	4.2	1:35	3.7	7:48	-0.5	8:04	-0.2	4:49	7:22	
29	Sat	1:52	4.0	2:28	3.7	8:34	-0.4	8:53	0.0	4:50	7:21	
30	Sun	2:44	3.8	3:21	3.6	9:19	-0.3	9:42	0.2	4:51	7:20	
31	Mon	3:37	3.6	4:13	3.5	10:03	-0.1	10:33	0.4	4:52	7:19	