US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1810

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:23	3.1	6:43	0.1	6:37	0.3	4:28	7:37	
2	Mon	12:30	3.6	1:06	3.1	7:24	0.1	7:19	0.4	4:28	7:37	
3	Tue	1:07	3.6	1:49	3.1	8:03	0.1	7:59	0.4	4:29	7:37	
4	Wed	1:43	3.5	2:32	3.0	8:40	0.1	8:36	0.5	4:29	7:37	
5	Thu	2:18	3.3	3:16	3.0	9:16	0.2	9:12	0.6	4:30	7:37	
6	Fri	2:52	3.2	3:59	3.0	9:49	0.3	9:48	0.7	4:30	7:36	
7	Sat	3:29	3.1	4:39	3.0	10:23	0.4	10:29	0.8	4:31	7:36	
8	Sun	4:11	3.1	5:17	3.1	11:00	0.4	11:23	0.8	4:32	7:36	
9	Mon	4:59	3.0	5:57	3.2	11:46	0.5			4:32	7:35	
10	Tue	5:49	2.9	6:41	3.3	12:33	0.8	12:45	0.5	4:33	7:35	
11	Wed	6:45	2.9	7:35	3.5	1:43	0.7	1:48	0.4	4:34	7:35	
12	Thu	7:50	2.9	8:36	3.7	2:45	0.5	2:48	0.3	4:35	7:34	
13	Fri	9:03	3.0	9:39	3.9	3:43	0.3	3:45	0.1	4:35	7:34	
14	Sat	10:09	3.2	10:36	4.1	4:38	0.0	4:42	0.0	4:36	7:33	
15	Sun	11:06	3.4	11:29	4.3	5:33	-0.2	5:39	-0.2	4:37	7:33	
16	Mon			12:01	3.6	6:26	-0.4	6:35	-0.3	4:38	7:32	
17	Tue	12:22	4.3	12:56	3.7	7:18	-0.6	7:30	-0.3	4:39	7:31	
18	Wed	1:16	4.3	1:52	3.7	8:08	-0.6	8:23	-0.3	4:39	7:31	
19	Thu	2:11	4.2	2:51	3.7	8:57	-0.6	9:16	-0.2	4:40	7:30	
20	Fri	3:09	4.0	3:50	3.7	9:46	-0.5	10:10	0.0	4:41	7:29	
21	Sat	4:07	3.8	4:46	3.7	10:37	-0.3	11:09	0.2	4:42	7:28	
22	Sun	5:03	3.5	5:40	3.6	11:31	0.0			4:43	7:28	
23	Mon	5:57	3.3	6:31	3.5	12:12	0.4	12:28	0.2	4:44	7:27	
24	Tue	6:50	3.1	7:23	3.4	1:16	0.5	1:25	0.3	4:45	7:26	
25	Wed	7:46	3.0	8:18	3.4	2:16	0.5	2:19	0.4	4:46	7:25	
26	Thu	8:45	2.9	9:13	3.4	3:11	0.5	3:10	0.5	4:47	7:24	
27	Fri	9:42	2.9	10:04	3.5	4:01	0.4	3:58	0.5	4:48	7:23	
28	Sat	10:32	3.0	10:49	3.5	4:48	0.4	4:43	0.5	4:49	7:22	
29	Sun	11:17	3.1	11:29	3.6	5:32	0.3	5:28	0.4	4:49	7:21	
30	Mon	11:59	3.1			6:15	0.2	6:12	0.4	4:50	7:20	
31	Tue	12:07	3.6	12:39	3.2	6:56	0.1	6:54	0.4	4:51	7:19	