US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1811

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:50	2.7	8:37	3.3	2:38	0.8	2:43	0.5	4:27	7:37	
2	Tue	8:52	2.8	9:28	3.5	3:31	0.6	3:32	0.4	4:28	7:37	
3	Wed	9:51	2.9	10:16	3.7	4:21	0.3	4:20	0.3	4:29	7:37	
4	Thu	10:42	3.0	11:02	3.9	5:11	0.1	5:10	0.2	4:29	7:37	
5	Fri	11:31	3.2	11:48	4.1	6:01	-0.1	6:01	0.0	4:30	7:37	
6	Sat			12:19	3.3	6:50	-0.3	6:54	-0.1	4:30	7:37	
7	Sun	12:35	4.2	1:10	3.4	7:39	-0.4	7:46	-0.1	4:31	7:36	
8	Mon	1:27	4.1	2:06	3.5	8:27	-0.5	8:37	-0.1	4:32	7:36	
9	Tue	2:22	4.0	3:05	3.5	9:14	-0.5	9:30	-0.1	4:32	7:36	
10	Wed	3:21	3.9	4:05	3.6	10:04	-0.4	10:26	0.1	4:33	7:35	
11	Thu	4:21	3.7	5:03	3.6	10:57	-0.3	11:30	0.2	4:34	7:35	
12	Fri	5:20	3.6	5:59	3.6	11:55	-0.1			4:34	7:34	
13	Sat	6:16	3.4	6:54	3.6	12:37	0.3	12:55	0.0	4:35	7:34	
14	Sun	7:13	3.2	7:50	3.6	1:42	0.3	1:54	0.1	4:36	7:33	
15	Mon	8:14	3.1	8:49	3.6	2:43	0.3	2:50	0.1	4:37	7:33	
16	Tue	9:17	3.1	9:46	3.7	3:39	0.2	3:42	0.2	4:37	7:32	
17	Wed	10:14	3.1	10:36	3.7	4:31	0.2	4:32	0.2	4:38	7:31	
18	Thu	11:04	3.2	11:21	3.7	5:20	0.1	5:19	0.2	4:39	7:31	
19	Fri	11:50	3.2			6:08	0.0	6:06	0.3	4:40	7:30	
20	Sat	12:02	3.7	12:33	3.2	6:52	0.0	6:51	0.3	4:41	7:29	
21	Sun	12:42	3.7	1:17	3.2	7:34	0.0	7:33	0.3	4:42	7:29	
22	Mon	1:21	3.6	2:00	3.2	8:13	0.0	8:13	0.4	4:43	7:28	
23	Tue	2:01	3.5	2:45	3.1	8:50	0.1	8:52	0.5	4:44	7:27	
24	Wed	2:40	3.3	3:29	3.1	9:25	0.2	9:29	0.6	4:44	7:26	
25	Thu	3:19	3.2	4:13	3.1	9:59	0.3	10:07	0.7	4:45	7:25	
26	Fri	3:59	3.0	4:54	3.1	10:33	0.5	10:51	0.9	4:46	7:24	
27	Sat	4:39	2.9	5:32	3.1	11:09	0.6	11:48	0.9	4:47	7:23	
28	Sun	5:21	2.9	6:11	3.2	11:56	0.7			4:48	7:22	
29	Mon	6:07	2.8	6:53	3.2	12:55	0.9	12:56	0.7	4:49	7:21	
30	Tue	7:01	2.8	7:46	3.4	2:00	0.8	1:58	0.6	4:50	7:20	
31	Wed	8:07	2.8	8:46	3.5	2:58	0.6	2:57	0.5	4:51	7:19	