US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1812

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:07	3.2	7:42	3.7	1:39	0.4	1:48	0.1	4:53	7:17	
2	Sun	8:11	3.1	8:45	3.7	2:42	0.3	2:47	0.2	4:54	7:16	
3	Mon	9:16	3.2	9:45	3.8	3:39	0.2	3:43	0.2	4:55	7:15	
4	Tue	10:16	3.2	10:38	3.8	4:33	0.1	4:36	0.2	4:56	7:14	
5	Wed	11:08	3.3	11:26	3.9	5:24	0.0	5:26	0.1	4:57	7:13	
6	Thu	11:56	3.4			6:13	-0.1	6:15	0.2	4:58	7:11	
7	Fri	12:10	3.8	12:41	3.4	6:58	-0.1	7:02	0.2	4:59	7:10	
8	Sat	12:52	3.8	1:25	3.4	7:41	-0.1	7:46	0.2	5:00	7:09	
9	Sun	1:34	3.7	2:10	3.4	8:21	0.0	8:27	0.3	5:01	7:08	
10	Mon	2:16	3.5	2:55	3.3	8:58	0.1	9:07	0.5	5:02	7:06	
11	Tue	2:59	3.3	3:40	3.3	9:34	0.3	9:46	0.6	5:03	7:05	
12	Wed	3:43	3.2	4:25	3.2	10:09	0.4	10:29	0.8	5:04	7:04	
13	Thu	4:27	3.0	5:08	3.2	10:45	0.6	11:19	0.9	5:05	7:02	
14	Fri	5:11	2.9	5:50	3.1	11:27	0.7			5:06	7:01	
15	Sat	5:55	2.8	6:31	3.1	12:20	1.0	12:21	0.8	5:07	6:59	
16	Sun	6:42	2.7	7:17	3.2	1:23	1.0	1:22	0.9	5:08	6:58	
17	Mon	7:38	2.7	8:11	3.3	2:22	0.9	2:21	0.8	5:09	6:57	
18	Tue	8:42	2.7	9:09	3.4	3:16	0.7	3:15	0.7	5:10	6:55	
19	Wed	9:42	2.9	10:02	3.7	4:06	0.5	4:07	0.5	5:11	6:54	
20	Thu	10:33	3.1	10:50	3.9	4:54	0.2	4:57	0.3	5:12	6:52	
21	Fri	11:18	3.4	11:35	4.1	5:42	0.0	5:49	0.1	5:13	6:51	
22	Sat			12:03	3.6	6:29	-0.2	6:40	-0.1	5:15	6:49	
23	Sun	12:20	4.1	12:49	3.8	7:15	-0.3	7:31	-0.2	5:16	6:48	
24	Mon	1:08	4.1	1:38	3.9	8:01	-0.4	8:21	-0.2	5:17	6:46	
25	Tue	2:00	4.0	2:32	3.9	8:46	-0.4	9:12	-0.1	5:18	6:44	
26	Wed	2:56	3.9	3:29	3.9	9:32	-0.3	10:06	0.0	5:19	6:43	
27	Thu	3:55	3.7	4:29	3.9	10:23	-0.1	11:06	0.2	5:20	6:41	
28	Fri	4:56	3.5	5:27	3.8	11:20	0.1			5:21	6:40	
29	Sat	5:55	3.4	6:25	3.7	12:13	0.3	12:24	0.3	5:22	6:38	
30	Sun	6:55	3.2	7:24	3.6	1:21	0.4	1:29	0.4	5:23	6:36	
31	Mon	7:58	3.2	8:27	3.6	2:24	0.4	2:30	0.4	5:24	6:35	