US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1818

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:14	3.0	6:32	0.3	6:21	0.5	4:53	7:18	
2	Sun	12:13	3.6	12:53	3.0	7:13	0.2	7:04	0.5	4:54	7:17	
3	Mon	12:47	3.6	1:31	3.1	7:51	0.1	7:45	0.4	4:55	7:16	
4	Tue	1:20	3.6	2:08	3.1	8:27	0.1	8:24	0.4	4:56	7:14	
5	Wed	1:55	3.5	2:47	3.2	9:00	0.1	9:03	0.4	4:57	7:13	
6	Thu	2:35	3.5	3:28	3.3	9:34	0.1	9:45	0.5	4:58	7:12	
7	Fri	3:22	3.3	4:14	3.4	10:09	0.2	10:35	0.6	4:59	7:11	
8	Sat	4:14	3.2	5:03	3.5	10:50	0.3	11:40	0.6	5:00	7:10	
9	Sun	5:10	3.1	5:55	3.6	11:45	0.4			5:01	7:08	
10	Mon	6:10	3.0	6:52	3.7	12:55	0.6	12:54	0.5	5:02	7:07	
11	Tue	7:15	2.9	7:58	3.7	2:06	0.5	2:05	0.4	5:03	7:06	
12	Wed	8:31	2.9	9:08	3.8	3:10	0.4	3:11	0.3	5:04	7:04	
13	Thu	9:44	3.0	10:13	4.0	4:09	0.2	4:12	0.2	5:05	7:03	
14	Fri	10:46	3.2	11:09	4.1	5:05	0.0	5:10	0.1	5:06	7:01	
15	Sat	11:41	3.4			5:58	-0.2	6:06	0.0	5:07	7:00	
16	Sun	12:00	4.1	12:32	3.6	6:48	-0.3	7:00	0.0	5:08	6:59	
17	Mon	12:49	4.1	1:22	3.6	7:36	-0.3	7:50	0.0	5:09	6:57	
18	Tue	1:38	4.0	2:12	3.6	8:20	-0.3	8:37	0.1	5:10	6:56	
19	Wed	2:27	3.8	3:01	3.6	9:02	-0.2	9:24	0.3	5:11	6:54	
20	Thu	3:16	3.6	3:50	3.5	9:42	0.1	10:11	0.5	5:12	6:53	
21	Fri	4:07	3.3	4:38	3.4	10:23	0.3	11:03	0.7	5:13	6:51	
22	Sat	4:57	3.1	5:24	3.3	11:06	0.6			5:14	6:50	
23	Sun	5:47	2.9	6:09	3.2	12:02	0.9	11:55 AM	0.8	5:15	6:48	
24	Mon	6:37	2.7	6:57	3.2	1:05	0.9	12:52	0.9	5:16	6:47	
25	Tue	7:32	2.6	7:51	3.1	2:06	0.9	1:51	1.0	5:17	6:45	
26	Wed	8:33	2.6	8:51	3.2	3:01	0.9	2:46	1.0	5:18	6:44	
27	Thu	9:33	2.7	9:46	3.3	3:50	0.7	3:38	0.9	5:19	6:42	
28	Fri	10:24	2.8	10:33	3.4	4:35	0.6	4:25	0.7	5:20	6:40	
29	Sat	11:07	3.0	11:12	3.6	5:18	0.4	5:11	0.6	5:21	6:39	
30	Sun	11:45	3.2	11:47	3.7	6:00	0.3	5:56	0.5	5:22	6:37	
31	Mon			12:21	3.3	6:40	0.2	6:40	0.4	5:23	6:35	