US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1819

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:24	2.7	8:07	3.6	2:25	0.7	2:13	0.5	4:52	7:18	
2	Mon	8:41	2.8	9:17	3.8	3:27	0.5	3:19	0.4	4:53	7:17	
3	Tue	9:54	2.9	10:21	4.0	4:24	0.2	4:21	0.2	4:54	7:16	
4	Wed	10:55	3.2	11:17	4.2	5:20	0.0	5:20	0.1	4:55	7:15	
5	Thu	11:50	3.4			6:13	-0.2	6:18	-0.1	4:56	7:14	
6	Fri	12:10	4.3	12:44	3.6	7:05	-0.4	7:14	-0.2	4:57	7:12	
7	Sat	1:03	4.2	1:38	3.7	7:54	-0.5	8:07	-0.2	4:58	7:11	
8	Sun	1:56	4.1	2:33	3.7	8:40	-0.5	8:59	-0.1	4:59	7:10	
9	Mon	2:50	3.9	3:28	3.7	9:26	-0.4	9:51	0.1	5:00	7:09	
10	Tue	3:45	3.7	4:23	3.7	10:12	-0.2	10:46	0.3	5:01	7:07	
11	Wed	4:40	3.4	5:15	3.6	11:01	0.1	11:47	0.5	5:02	7:06	
12	Thu	5:34	3.2	6:05	3.5	11:55	0.4			5:03	7:05	
13	Fri	6:27	3.0	6:55	3.4	12:52	0.7	12:52	0.6	5:04	7:03	
14	Sat	7:22	2.8	7:49	3.3	1:55	0.7	1:50	0.7	5:06	7:02	
15	Sun	8:22	2.7	8:48	3.3	2:54	0.7	2:44	0.8	5:07	7:00	
16	Mon	9:24	2.7	9:44	3.3	3:46	0.6	3:36	0.8	5:08	6:59	
17	Tue	10:18	2.8	10:33	3.4	4:33	0.6	4:23	0.7	5:09	6:58	
18	Wed	11:04	2.9	11:15	3.5	5:18	0.5	5:09	0.6	5:10	6:56	
19	Thu	11:45	3.1	11:53	3.6	6:00	0.4	5:54	0.6	5:11	6:55	
20	Fri			12:24	3.2	6:40	0.3	6:36	0.5	5:12	6:53	
21	Sat	12:27	3.6	1:01	3.2	7:17	0.2	7:17	0.5	5:13	6:52	
22	Sun	12:59	3.5	1:36	3.3	7:52	0.2	7:55	0.5	5:14	6:50	
23	Mon	1:29	3.5	2:09	3.3	8:24	0.2	8:31	0.5	5:15	6:49	
24	Tue	1:59	3.3	2:41	3.3	8:53	0.3	9:07	0.5	5:16	6:47	
25	Wed	2:32	3.2	3:15	3.3	9:20	0.4	9:44	0.6	5:17	6:45	
26	Thu	3:13	3.1	3:56	3.4	9:48	0.4	10:29	0.7	5:18	6:44	
27	Fri	4:02	3.0	4:44	3.5	10:24	0.6	11:32	0.8	5:19	6:42	
28	Sat	5:00	2.9	5:39	3.5	11:15	0.7			5:20	6:41	
29	Sun	6:02	2.8	6:39	3.5	12:52	0.8	12:33	0.7	5:21	6:39	
30	Mon	7:11	2.8	7:50	3.6	2:06	0.7	1:59	0.7	5:22	6:37	
31	Tue	8:31	2.9	9:05	3.8	3:10	0.5	3:09	0.5	5:23	6:36	