US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1854

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:48	3.1	5:02	2.9	10:48	0.4	10:44	0.9	4:28	7:37	
2	Sun	4:34	3.1	5:41	3.0	11:30	0.5	11:47	0.9	4:28	7:37	
3	Mon	5:23	3.0	6:21	3.1			12:20	0.5	4:29	7:37	
4	Tue	6:14	3.0	7:07	3.3	1:00	0.8	1:16	0.4	4:30	7:37	
5	Wed	7:12	2.9	8:02	3.5	2:08	0.7	2:12	0.4	4:30	7:37	
6	Thu	8:19	2.9	9:02	3.8	3:09	0.4	3:08	0.3	4:31	7:36	
7	Fri	9:30	3.0	10:02	4.0	4:07	0.2	4:04	0.1	4:31	7:36	
8	Sat	10:32	3.1	10:57	4.2	5:02	0.0	5:00	0.0	4:32	7:36	
9	Sun	11:29	3.2	11:51	4.3	5:58	-0.2	5:58	-0.1	4:33	7:35	
10	Mon			12:25	3.3	6:53	-0.4	6:56	-0.1	4:33	7:35	
11	Tue	12:45	4.3	1:23	3.4	7:45	-0.5	7:51	-0.1	4:34	7:35	
12	Wed	1:41	4.2	2:22	3.5	8:35	-0.5	8:44	-0.1	4:35	7:34	
13	Thu	2:39	4.0	3:22	3.5	9:24	-0.4	9:38	0.1	4:36	7:34	
14	Fri	3:38	3.8	4:21	3.5	10:14	-0.3	10:34	0.3	4:36	7:33	
15	Sat	4:35	3.6	5:16	3.5	11:06	-0.1	11:36	0.5	4:37	7:32	
16	Sun	5:29	3.4	6:07	3.5			12:00	0.1	4:38	7:32	
17	Mon	6:20	3.2	6:56	3.4	12:41	0.6	12:55	0.3	4:39	7:31	
18	Tue	7:13	3.0	7:47	3.4	1:43	0.6	1:48	0.4	4:40	7:30	
19	Wed	8:09	2.8	8:40	3.4	2:41	0.6	2:38	0.5	4:41	7:30	
20	Thu	9:07	2.8	9:33	3.4	3:33	0.5	3:26	0.6	4:42	7:29	
21	Fri	10:02	2.8	10:20	3.5	4:22	0.5	4:12	0.6	4:42	7:28	
22	Sat	10:51	2.8	11:03	3.5	5:08	0.4	4:56	0.6	4:43	7:27	
23	Sun	11:35	2.9	11:43	3.6	5:53	0.3	5:41	0.5	4:44	7:26	
24	Mon			12:17	3.0	6:36	0.3	6:25	0.5	4:45	7:26	
25	Tue	12:20	3.6	12:58	3.0	7:17	0.2	7:07	0.5	4:46	7:25	
26	Wed	12:55	3.5	1:39	3.0	7:55	0.2	7:47	0.5	4:47	7:24	
27	Thu	1:28	3.5	2:19	3.0	8:31	0.2	8:25	0.5	4:48	7:23	
28	Fri	2:01	3.4	2:58	3.0	9:05	0.2	9:00	0.6	4:49	7:22	
29	Sat	2:35	3.3	3:36	3.1	9:36	0.3	9:37	0.6	4:50	7:21	
30	Sun	3:14	3.2	4:15	3.1	10:08	0.3	10:20	0.7	4:51	7:20	
31	Mon	4:00	3.1	4:57	3.2	10:43	0.4	11:16	0.8	4:52	7:19	