US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1856

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:41	3.1	11:55	3.9	6:03	-0.1	5:57	0.2	4:28	7:37	
2	Wed			12:31	3.1	6:53	-0.1	6:48	0.2	4:29	7:37	
3	Thu	12:41	3.8	1:21	3.1	7:41	-0.1	7:36	0.3	4:29	7:37	
4	Fri	1:27	3.7	2:11	3.1	8:25	-0.1	8:21	0.4	4:30	7:37	
5	Sat	2:14	3.6	3:02	3.0	9:07	0.0	9:03	0.5	4:30	7:37	
6	Sun	3:02	3.4	3:52	3.0	9:47	0.2	9:46	0.7	4:31	7:36	
7	Mon	3:50	3.2	4:40	3.0	10:27	0.3	10:32	0.8	4:32	7:36	
8	Tue	4:36	3.1	5:24	3.0	11:09	0.5	11:24	0.9	4:32	7:36	
9	Wed	5:20	2.9	6:06	3.1	11:53	0.6			4:33	7:35	
10	Thu	6:02	2.8	6:47	3.1	12:25	1.0	12:39	0.7	4:34	7:35	
11	Fri	6:46	2.6	7:30	3.1	1:26	1.0	1:28	0.7	4:35	7:34	
12	Sat	7:37	2.5	8:18	3.2	2:23	0.9	2:17	0.7	4:35	7:34	
13	Sun	8:38	2.5	9:09	3.3	3:16	0.8	3:05	0.7	4:36	7:33	
14	Mon	9:39	2.6	9:58	3.5	4:05	0.6	3:53	0.6	4:37	7:33	
15	Tue	10:31	2.7	10:44	3.7	4:54	0.4	4:42	0.5	4:38	7:32	
16	Wed	11:17	2.8	11:27	3.8	5:43	0.2	5:32	0.4	4:39	7:31	
17	Thu			12:01	3.0	6:31	0.1	6:23	0.3	4:39	7:31	
18	Fri	12:11	3.9	12:46	3.1	7:17	-0.1	7:14	0.2	4:40	7:30	
19	Sat	12:57	4.0	1:35	3.2	8:02	-0.2	8:03	0.1	4:41	7:29	
20	Sun	1:47	4.0	2:27	3.3	8:46	-0.3	8:53	0.1	4:42	7:29	
21	Mon	2:40	3.9	3:23	3.4	9:29	-0.3	9:44	0.2	4:43	7:28	
22	Tue	3:36	3.7	4:19	3.5	10:15	-0.2	10:42	0.3	4:44	7:27	
23	Wed	4:33	3.5	5:14	3.6	11:06	-0.1	11:47	0.4	4:45	7:26	
24	Thu	5:30	3.4	6:07	3.7			12:02	0.1	4:46	7:25	
25	Fri	6:26	3.2	7:02	3.7	12:56	0.5	1:03	0.2	4:47	7:24	
26	Sat	7:26	3.0	8:01	3.6	2:03	0.4	2:03	0.3	4:48	7:23	
27	Sun	8:32	2.9	9:04	3.6	3:05	0.4	3:02	0.3	4:49	7:22	
28	Mon	9:38	2.9	10:03	3.7	4:01	0.3	3:57	0.3	4:49	7:21	
29	Tue	10:37	3.0	10:55	3.7	4:55	0.2	4:50	0.3	4:50	7:20	
30	Wed	11:28	3.1	11:42	3.7	5:45	0.1	5:41	0.4	4:51	7:19	
31	Thu			12:14	3.2	6:33	0.1	6:30	0.4	4:52	7:18	