US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:21	3.1	6:12	2.8	11:54	0.5			5:24	8:34	
2	Sat	6:03	3.0	6:50	2.9	12:02	1.0	12:38	0.5	5:25	8:34	
3	Sun	6:45	2.9	7:27	3.0	1:06	1.0	1:27	0.5	5:25	8:33	
4	Mon	7:30	2.9	8:08	3.1	2:14	1.0	2:19	0.5	5:26	8:33	
5	Tue	8:23	2.8	8:58	3.3	3:16	0.8	3:11	0.5	5:26	8:33	
6	Wed	9:26	2.8	9:54	3.5	4:12	0.6	4:03	0.4	5:27	8:33	
7	Thu	10:31	2.9	10:50	3.8	5:06	0.4	4:55	0.2	5:28	8:32	
8	Fri	11:29	3.0	11:43	4.0	5:59	0.1	5:49	0.1	5:28	8:32	
9	Sat			12:22	3.2	6:52	-0.1	6:44	0.0	5:29	8:32	
10	Sun	12:34	4.2	1:15	3.3	7:45	-0.3	7:40	-0.1	5:30	8:31	
11	Mon	1:26	4.2	2:10	3.4	8:36	-0.4	8:35	-0.2	5:30	8:31	
12	Tue	2:20	4.2	3:07	3.5	9:26	-0.5	9:29	-0.2	5:31	8:30	
13	Wed	3:18	4.1	4:08	3.5	10:15	-0.5	10:22	-0.1	5:32	8:30	
14	Thu	4:18	3.9	5:08	3.6	11:05	-0.4	11:19	0.1	5:33	8:29	
15	Fri	5:19	3.7	6:05	3.6	11:59	-0.2			5:34	8:29	
16	Sat	6:16	3.5	6:59	3.6	12:21	0.3	12:55	-0.1	5:34	8:28	
17	Sun	7:11	3.3	7:51	3.6	1:27	0.4	1:53	0.1	5:35	8:27	
18	Mon	8:05	3.1	8:45	3.6	2:31	0.5	2:49	0.2	5:36	8:27	
19	Tue	9:04	2.9	9:40	3.5	3:32	0.5	3:43	0.3	5:37	8:26	
20	Wed	10:05	2.9	10:35	3.6	4:27	0.4	4:33	0.4	5:38	8:25	
21	Thu	11:02	2.9	11:24	3.6	5:18	0.4	5:20	0.4	5:39	8:25	
22	Fri	11:52	2.9			6:06	0.3	6:06	0.5	5:40	8:24	
23	Sat	12:08	3.7	12:37	3.0	6:52	0.2	6:51	0.5	5:40	8:23	
24	Sun	12:49	3.7	1:19	3.0	7:36	0.2	7:36	0.5	5:41	8:22	
25	Mon	1:29	3.7	2:00	3.0	8:18	0.1	8:18	0.5	5:42	8:21	
26	Tue	2:07	3.6	2:42	3.0	8:56	0.1	8:58	0.5	5:43	8:20	
27	Wed	2:45	3.5	3:23	3.0	9:33	0.2	9:35	0.6	5:44	8:19	
28	Thu	3:22	3.4	4:04	3.0	10:07	0.2	10:11	0.7	5:45	8:18	
29	Fri	3:59	3.3	4:44	3.0	10:39	0.3	10:46	0.8	5:46	8:17	
30	Sat	4:37	3.1	5:21	3.0	11:10	0.4	11:25	0.9	5:47	8:16	
31	Sun	5:17	3.0	5:57	3.1	11:44	0.5			5:48	8:15	