US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**3:01**	3.7	**3:52**	3.3	**10:07**	-0.1	**10:11**	0.3	5:49	8:14	
2	Sat	**3:50**	3.6	**4:43**	3.4	**10:46**	0.0	**11:00**	0.3	5:50	8:13	
3	Sun	**4:43**	3.5	**5:35**	3.5	**11:30**	0.1	**11:58**	0.4	5:51	8:12	
4	Mon	**5:40**	3.3	**6:28**	3.6			**12:20**	0.2	5:52	8:10	
5	Tue	**6:38**	3.2	**7:22**	3.7	**1:06**	0.5	**1:21**	0.3	5:53	8:09	
6	Wed	**7:37**	3.1	**8:20**	3.7	**2:17**	0.5	**2:26**	0.3	5:54	8:08	
7	Thu	**8:43**	3.0	**9:24**	3.8	**3:24**	0.4	**3:30**	0.3	5:55	8:07	
8	Fri	**9:56**	3.0	**10:30**	3.8	**4:26**	0.3	**4:30**	0.3	5:56	8:05	
9	Sat	**11:03**	3.1	**11:29**	3.9	**5:22**	0.2	**5:27**	0.2	5:57	8:04	
10	Sun			**12:01**	3.2	**6:16**	0.0	**6:22**	0.2	5:58	8:03	
11	Mon	**12:21**	4.0	**12:52**	3.3	**7:08**	-0.1	**7:16**	0.1	5:59	8:02	
12	Tue	**1:09**	4.0	**1:41**	3.4	**7:56**	-0.2	**8:06**	0.2	6:00	8:00	
13	Wed	**1:55**	3.9	**2:28**	3.4	**8:42**	-0.2	**8:53**	0.2	6:01	7:59	
14	Thu	**2:41**	3.8	**3:15**	3.4	**9:23**	-0.1	**9:37**	0.3	6:02	7:57	
15	Fri	**3:27**	3.6	**4:01**	3.4	**10:02**	0.0	**10:20**	0.4	6:03	7:56	
16	Sat	**4:13**	3.4	**4:47**	3.3	**10:39**	0.2	**11:03**	0.6	6:05	7:55	
17	Sun	**5:00**	3.2	**5:32**	3.3	**11:16**	0.4	**11:51**	0.8	6:06	7:53	
18	Mon	**5:48**	3.0	**6:16**	3.2	**11:53**	0.6			6:07	7:52	
19	Tue	**6:34**	2.8	**6:58**	3.2	**12:46**	0.9	**12:36**	0.8	6:08	7:50	
20	Wed	**7:22**	2.7	**7:41**	3.1	**1:49**	1.0	**1:30**	0.9	6:09	7:49	
21	Thu	**8:14**	2.6	**8:30**	3.1	**2:50**	1.0	**2:30**	1.0	6:10	7:47	
22	Fri	**9:14**	2.6	**9:28**	3.2	**3:46**	0.9	**3:28**	0.9	6:11	7:46	
23	Sat	**10:16**	2.6	**10:26**	3.3	**4:37**	0.8	**4:22**	0.8	6:12	7:44	
24	Sun	**11:09**	2.8	**11:15**	3.5	**5:25**	0.6	**5:12**	0.7	6:13	7:43	
25	Mon	**11:54**	3.0	**11:58**	3.7	**6:10**	0.4	**6:00**	0.5	6:14	7:41	
26	Tue			**12:35**	3.2	**6:54**	0.2	**6:48**	0.4	6:15	7:39	
27	Wed	**12:37**	3.8	**1:14**	3.4	**7:37**	0.0	**7:36**	0.2	6:16	7:38	
28	Thu	**1:17**	3.9	**1:53**	3.5	**8:19**	-0.1	**8:24**	0.1	6:17	7:36	
29	Fri	**1:58**	3.9	**2:36**	3.7	**8:59**	-0.2	**9:10**	0.0	6:18	7:35	
30	Sat	**2:43**	3.8	**3:22**	3.8	**9:39**	-0.2	**9:57**	0.0	6:19	7:33	
31	Sun	**3:32**	3.7	**4:13**	3.8	**10:19**	-0.1	**10:47**	0.1	6:20	7:31	