US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:24	2.9	9:59	3.5	3:55	0.4	3:56	0.3	5:25	8:34	
2	Sat	10:24	2.9	10:51	3.6	4:49	0.4	4:45	0.3	5:25	8:34	
3	Sun	11:19	2.9	11:38	3.6	5:40	0.3	5:31	0.4	5:26	8:33	
4	Mon			12:08	2.9	6:28	0.2	6:17	0.4	5:26	8:33	
5	Tue	12:21	3.6	12:53	2.9	7:14	0.2	7:02	0.5	5:27	8:33	
6	Wed	1:01	3.6	1:37	2.9	7:59	0.2	7:47	0.5	5:28	8:33	
7	Thu	1:40	3.6	2:20	2.9	8:40	0.2	8:29	0.5	5:28	8:32	
8	Fri	2:19	3.5	3:05	2.9	9:19	0.2	9:09	0.6	5:29	8:32	
9	Sat	2:57	3.4	3:50	2.9	9:55	0.2	9:46	0.6	5:30	8:31	
10	Sun	3:34	3.3	4:35	2.9	10:30	0.3	10:22	0.7	5:30	8:31	
11	Mon	4:11	3.2	5:17	2.9	11:03	0.4	10:59	0.8	5:31	8:31	
12	Tue	4:50	3.1	5:56	3.0	11:35	0.5	11:43	0.9	5:32	8:30	
13	Wed	5:30	3.0	6:32	3.0			12:11	0.5	5:33	8:29	
14	Thu	6:14	2.9	7:09	3.2	12:40	0.9	12:54	0.6	5:33	8:29	
15	Fri	7:02	2.8	7:51	3.3	1:51	0.9	1:48	0.6	5:34	8:28	
16	Sat	7:57	2.7	8:44	3.4	2:59	0.8	2:48	0.6	5:35	8:28	
17	Sun	9:04	2.7	9:46	3.6	4:01	0.6	3:49	0.5	5:36	8:27	
18	Mon	10:18	2.8	10:49	3.8	4:58	0.4	4:49	0.4	5:37	8:26	
19	Tue	11:23	2.9	11:46	4.0	5:54	0.1	5:47	0.2	5:38	8:26	
20	Wed			12:20	3.1	6:48	-0.1	6:46	0.1	5:38	8:25	
21	Thu	12:40	4.2	1:14	3.3	7:42	-0.3	7:44	-0.1	5:39	8:24	
22	Fri	1:33	4.2	2:09	3.4	8:33	-0.4	8:39	-0.1	5:40	8:23	
23	Sat	2:28	4.2	3:06	3.5	9:21	-0.5	9:32	-0.1	5:41	8:22	
24	Sun	3:23	4.1	4:04	3.6	10:08	-0.5	10:25	0.0	5:42	8:21	
25	Mon	4:21	3.9	5:02	3.6	10:56	-0.4	11:20	0.2	5:43	8:20	
26	Tue	5:17	3.7	5:57	3.6	11:46	-0.2			5:44	8:20	
27	Wed	6:12	3.4	6:49	3.6	12:21	0.4	12:39	0.1	5:45	8:19	
28	Thu	7:06	3.2	7:40	3.5	1:26	0.5	1:35	0.3	5:46	8:18	
29	Fri	8:00	3.0	8:32	3.5	2:31	0.6	2:32	0.4	5:47	8:17	
30	Sat	8:58	2.8	9:28	3.4	3:31	0.6	3:27	0.6	5:48	8:15	
31	Sun	10:00	2.7	10:25	3.4	4:27	0.5	4:19	0.6	5:49	8:14	