

## Poughkeepsie, NY - Jul 2022

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Fri | 2:30  | 3.5 | 3:24  | 2.8 | 9:36  | 0.2  | 9:23  | 0.6  | 5:25                                                                                | 8:34 |    |
| 2    | Sat | 3:04  | 3.4 | 4:09  | 2.8 | 10:12 | 0.2  | 9:58  | 0.7  | 5:25                                                                                | 8:34 |    |
| 3    | Sun | 3:40  | 3.3 | 4:53  | 2.8 | 10:47 | 0.3  | 10:35 | 0.7  | 5:26                                                                                | 8:33 |    |
| 4    | Mon | 4:19  | 3.2 | 5:34  | 2.9 | 11:22 | 0.4  | 11:16 | 0.8  | 5:26                                                                                | 8:33 |    |
| 5    | Tue | 5:04  | 3.1 | 6:13  | 3.0 |       |      | 12:00 | 0.4  | 5:27                                                                                | 8:33 |    |
| 6    | Wed | 5:52  | 3.1 | 6:53  | 3.1 | 12:08 | 0.8  | 12:45 | 0.5  | 5:28                                                                                | 8:33 |    |
| 7    | Thu | 6:43  | 3.0 | 7:37  | 3.3 | 1:18  | 0.8  | 1:39  | 0.5  | 5:28                                                                                | 8:32 |    |
| 8    | Fri | 7:38  | 2.9 | 8:28  | 3.5 | 2:31  | 0.7  | 2:37  | 0.4  | 5:29                                                                                | 8:32 |    |
| 9    | Sat | 8:41  | 2.9 | 9:28  | 3.7 | 3:36  | 0.5  | 3:36  | 0.3  | 5:30                                                                                | 8:32 |    |
| 10   | Sun | 9:53  | 2.9 | 10:31 | 3.9 | 4:36  | 0.3  | 4:33  | 0.2  | 5:30                                                                                | 8:31 |    |
| 11   | Mon | 11:01 | 3.0 | 11:29 | 4.1 | 5:33  | 0.1  | 5:31  | 0.1  | 5:31                                                                                | 8:31 |    |
| 12   | Tue |       |     | 12:01 | 3.2 | 6:30  | -0.1 | 6:29  | 0.0  | 5:32                                                                                | 8:30 |   |
| 13   | Wed | 12:24 | 4.2 | 12:58 | 3.3 | 7:25  | -0.3 | 7:27  | -0.1 | 5:33                                                                                | 8:30 |  |
| 14   | Thu | 1:18  | 4.3 | 1:54  | 3.4 | 8:18  | -0.4 | 8:24  | -0.1 | 5:33                                                                                | 8:29 |  |
| 15   | Fri | 2:13  | 4.2 | 2:52  | 3.5 | 9:09  | -0.5 | 9:17  | -0.1 | 5:34                                                                                | 8:28 |  |
| 16   | Sat | 3:10  | 4.1 | 3:51  | 3.5 | 9:58  | -0.5 | 10:10 | 0.0  | 5:35                                                                                | 8:28 |  |
| 17   | Sun | 4:07  | 3.9 | 4:50  | 3.5 | 10:46 | -0.3 | 11:04 | 0.2  | 5:36                                                                                | 8:27 |  |
| 18   | Mon | 5:04  | 3.7 | 5:46  | 3.5 | 11:36 | -0.2 |       |      | 5:37                                                                                | 8:26 |  |
| 19   | Tue | 5:59  | 3.5 | 6:38  | 3.5 | 12:02 | 0.4  | 12:28 | 0.0  | 5:37                                                                                | 8:26 |  |
| 20   | Wed | 6:51  | 3.3 | 7:27  | 3.4 | 1:04  | 0.6  | 1:22  | 0.2  | 5:38                                                                                | 8:25 |  |
| 21   | Thu | 7:42  | 3.0 | 8:15  | 3.4 | 2:08  | 0.6  | 2:15  | 0.4  | 5:39                                                                                | 8:24 |  |
| 22   | Fri | 8:35  | 2.8 | 9:07  | 3.3 | 3:08  | 0.7  | 3:07  | 0.5  | 5:40                                                                                | 8:23 |  |
| 23   | Sat | 9:33  | 2.7 | 10:00 | 3.3 | 4:04  | 0.6  | 3:56  | 0.6  | 5:41                                                                                | 8:22 |  |
| 24   | Sun | 10:31 | 2.7 | 10:52 | 3.4 | 4:54  | 0.6  | 4:43  | 0.6  | 5:42                                                                                | 8:22 |  |
| 25   | Mon | 11:23 | 2.8 | 11:38 | 3.5 | 5:41  | 0.5  | 5:29  | 0.6  | 5:43                                                                                | 8:21 |  |
| 26   | Tue |       |     | 12:10 | 2.8 | 6:27  | 0.4  | 6:14  | 0.6  | 5:44                                                                                | 8:20 |  |
| 27   | Wed | 12:19 | 3.5 | 12:53 | 2.9 | 7:10  | 0.3  | 6:58  | 0.6  | 5:45                                                                                | 8:19 |  |
| 28   | Thu | 12:58 | 3.6 | 1:34  | 3.0 | 7:52  | 0.2  | 7:42  | 0.5  | 5:46                                                                                | 8:18 |  |
| 29   | Fri | 1:33  | 3.6 | 2:14  | 3.0 | 8:32  | 0.2  | 8:24  | 0.5  | 5:47                                                                                | 8:17 |  |
| 30   | Sat | 2:07  | 3.5 | 2:53  | 3.0 | 9:09  | 0.2  | 9:02  | 0.5  | 5:48                                                                                | 8:16 |  |
| 31   | Sun | 2:39  | 3.5 | 3:31  | 3.0 | 9:43  | 0.2  | 9:39  | 0.5  | 5:49                                                                                | 8:15 |  |