























Poughkeepsie, NY - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:43	3.5	3:19	3.2	9:38	0.1	9:45	0.5	5:50	8:13	
2	Sun	3:19	3.4	3:55	3.2	10:10	0.1	10:24	0.5	5:51	8:12	
3	Mon	4:00	3.3	4:37	3.3	10:42	0.2	11:08	0.6	5:52	8:11	
4	Tue	4:48	3.2	5:24	3.4	11:18	0.2			5:53	8:10	
5	Wed	5:42	3.1	6:15	3.5	12:03	0.7	12:03	0.3	5:54	8:09	
6	Thu	6:40	3.0	7:10	3.6	1:16	0.7	1:04	0.4	5:55	8:07	
7	Fri	7:42	2.9	8:12	3.6	2:32	0.7	2:18	0.5	5:56	8:06	
8	Sat	8:53	2.9	9:24	3.7	3:40	0.5	3:30	0.4	5:57	8:05	
9	Sun	10:09	3.0	10:36	3.8	4:41	0.3	4:35	0.3	5:58	8:04	
10	Mon	11:16	3.2	11:37	4.0	5:38	0.1	5:36	0.1	5:59	8:02	
11	Tue			12:13	3.4	6:32	-0.1	6:33	0.0	6:00	8:01	
12	Wed	12:31	4.1	1:05	3.6	7:23	-0.3	7:29	-0.1	6:01	8:00	
13	Thu	1:21	4.1	1:56	3.7	8:12	-0.4	8:21	-0.1	6:02	7:58	
14	Fri	2:09	4.0	2:45	3.7	8:58	-0.4	9:10	0.0	6:03	7:57	
15	Sat	2:58	3.9	3:35	3.7	9:41	-0.3	9:57	0.1	6:04	7:55	
16	Sun	3:47	3.6	4:24	3.7	10:22	-0.1	10:43	0.3	6:05	7:54	
17	Mon	4:37	3.4	5:13	3.6	11:03	0.2	11:32	0.5	6:06	7:52	
18	Tue	5:28	3.1	6:01	3.5	11:46	0.5			6:07	7:51	
19	Wed	6:19	2.9	6:48	3.3	12:28	0.7	12:33	0.7	6:08	7:50	
20	Thu	7:09	2.7	7:36	3.3	1:29	0.9	1:29	0.9	6:09	7:48	
21	Fri	8:01	2.6	8:28	3.2	2:32	0.9	2:29	1.0	6:10	7:46	
22	Sat	9:01	2.5	9:26	3.2	3:31	0.9	3:27	1.0	6:11	7:45	
23	Sun	10:04	2.6	10:25	3.3	4:23	0.8	4:20	0.9	6:12	7:43	
24	Mon	11:00	2.7	11:15	3.4	5:10	0.7	5:08	0.8	6:13	7:42	
25	Tue	11:46	2.9	11:57	3.5	5:53	0.5	5:54	0.7	6:14	7:40	
26	Wed			12:25	3.1	6:35	0.4	6:39	0.6	6:15	7:39	
27	Thu	12:34	3.6	1:01	3.2	7:15	0.2	7:22	0.4	6:16	7:37	
28	Fri	1:08	3.7	1:34	3.4	7:54	0.1	8:05	0.4	6:17	7:35	
29	Sat	1:42	3.7	2:06	3.5	8:30	0.0	8:46	0.3	6:18	7:34	
30	Sun	2:16	3.6	2:39	3.6	9:05	0.0	9:26	0.3	6:19	7:32	
31	Mon	2:54	3.5	3:17	3.6	9:38	0.1	10:08	0.3	6:20	7:31	