

































## Poughkeepsie, NY - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:12	3.3	5:52	3.2	11:38	0.2			5:25	8:34	
2	Mon	6:00	3.1	6:38	3.2	12:03	0.7	12:23	0.4	5:25	8:34	
3	Tue	6:46	2.9	7:21	3.1	1:01	0.9	1:10	0.5	5:26	8:33	
4	Wed	7:32	2.8	8:04	3.1	2:01	0.9	1:59	0.6	5:26	8:33	
5	Thu	8:22	2.6	8:52	3.2	2:59	0.9	2:49	0.7	5:27	8:33	
6	Fri	9:18	2.6	9:43	3.2	3:52	0.8	3:39	0.7	5:28	8:33	
7	Sat	10:17	2.6	10:35	3.3	4:42	0.7	4:27	0.6	5:28	8:32	
8	Sun	11:11	2.7	11:21	3.5	5:29	0.5	5:14	0.6	5:29	8:32	
9	Mon	11:57	2.8			6:15	0.4	6:00	0.5	5:30	8:31	
10	Tue	12:01	3.6	12:40	2.9	7:01	0.2	6:47	0.4	5:30	8:31	
11	Wed	12:39	3.7	1:20	3.0	7:45	0.1	7:35	0.3	5:31	8:30	
12	Thu	1:17	3.8	2:01	3.1	8:28	-0.1	8:21	0.2	5:32	8:30	
13	Fri	1:57	3.8	2:44	3.2	9:09	-0.1	9:07	0.2	5:33	8:29	
14	Sat	2:40	3.8	3:31	3.3	9:48	-0.2	9:53	0.1	5:34	8:29	
15	Sun	3:28	3.7	4:22	3.4	10:29	-0.2	10:41	0.2	5:34	8:28	
16	Mon	4:22	3.6	5:15	3.6	11:12	-0.1	11:36	0.3	5:35	8:28	
17	Tue	5:19	3.4	6:09	3.6			12:01	0.0	5:36	8:27	
18	Wed	6:17	3.3	7:03	3.7	12:41	0.4	12:59	0.1	5:37	8:26	
19	Thu	7:15	3.1	7:59	3.7	1:51	0.4	2:03	0.2	5:38	8:25	
20	Fri	8:18	3.0	9:01	3.7	2:59	0.4	3:06	0.2	5:39	8:25	
21	Sat	9:28	3.0	10:06	3.8	4:02	0.3	4:07	0.2	5:40	8:24	
22	Sun	10:38	3.0	11:07	3.8	5:00	0.2	5:05	0.2	5:40	8:23	
23	Mon	11:38	3.1			5:54	0.0	6:00	0.1	5:41	8:22	
24	Tue	12:00	3.9	12:31	3.3	6:46	-0.1	6:53	0.1	5:42	8:21	
25	Wed	12:49	3.9	1:20	3.3	7:35	-0.2	7:44	0.1	5:43	8:20	
26	Thu	1:34	3.9	2:07	3.4	8:21	-0.2	8:31	0.2	5:44	8:19	
27	Fri	2:19	3.8	2:53	3.4	9:03	-0.2	9:16	0.3	5:45	8:18	
28	Sat	3:03	3.7	3:38	3.3	9:43	-0.1	9:58	0.4	5:46	8:17	
29	Sun	3:49	3.5	4:24	3.3	10:20	0.1	10:40	0.5	5:47	8:16	
30	Mon	4:35	3.3	5:09	3.2	10:55	0.3	11:24	0.7	5:48	8:15	
31	Tue	5:21	3.1	5:53	3.2	11:31	0.5			5:49	8:14	