



## Poughkeepsie, NY - Jul 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:21	3.6	2:02	3.0	8:22	0.1	8:13	0.4	5:25	8:34	☀
2	Tue	1:54	3.6	2:42	3.0	9:01	0.1	8:53	0.4	5:25	8:34	☀
3	Wed	2:26	3.5	3:22	3.0	9:37	0.1	9:31	0.4	5:26	8:33	☀
4	Thu	3:00	3.5	4:02	3.0	10:12	0.1	10:09	0.5	5:26	8:33	☀
5	Fri	3:40	3.4	4:44	3.1	10:46	0.1	10:51	0.5	5:27	8:33	☀
6	Sat	4:27	3.3	5:29	3.2	11:23	0.2	11:41	0.6	5:28	8:33	☀
7	Sun	5:20	3.2	6:17	3.4			12:07	0.2	5:28	8:32	☀
8	Mon	6:16	3.1	7:07	3.5	12:47	0.6	1:03	0.3	5:29	8:32	☀
9	Tue	7:14	3.0	8:02	3.6	2:01	0.6	2:08	0.3	5:30	8:32	☀
10	Wed	8:18	3.0	9:05	3.7	3:10	0.4	3:14	0.2	5:30	8:31	☀
11	Thu	9:31	3.0	10:12	3.9	4:13	0.3	4:16	0.1	5:31	8:31	☀
12	Fri	10:43	3.1	11:14	4.0	5:11	0.1	5:15	0.0	5:32	8:30	☀
13	Sat	11:45	3.3			6:07	-0.1	6:13	-0.1	5:33	8:30	☀
14	Sun	12:10	4.2	12:42	3.4	7:02	-0.3	7:10	-0.1	5:33	8:29	☀
15	Mon	1:02	4.2	1:35	3.5	7:54	-0.4	8:04	-0.2	5:34	8:28	☀
16	Tue	1:53	4.2	2:29	3.6	8:43	-0.5	8:56	-0.1	5:35	8:28	☀
17	Wed	2:45	4.0	3:23	3.6	9:30	-0.5	9:46	0.0	5:36	8:27	☀
18	Thu	3:37	3.8	4:16	3.5	10:15	-0.3	10:34	0.2	5:37	8:26	☀
19	Fri	4:30	3.6	5:08	3.5	10:59	-0.1	11:25	0.4	5:38	8:26	☀
20	Sat	5:22	3.4	5:58	3.4	11:44	0.1			5:38	8:25	☀
21	Sun	6:12	3.2	6:45	3.3	12:20	0.6	12:32	0.4	5:39	8:24	☀
22	Mon	7:01	3.0	7:31	3.3	1:20	0.7	1:24	0.5	5:40	8:23	☀
23	Tue	7:50	2.8	8:19	3.2	2:21	0.8	2:17	0.7	5:41	8:22	☀
24	Wed	8:44	2.7	9:11	3.2	3:18	0.8	3:09	0.7	5:42	8:21	☀
25	Thu	9:42	2.6	10:06	3.3	4:11	0.7	4:00	0.7	5:43	8:21	☀
26	Fri	10:40	2.7	10:58	3.3	4:59	0.6	4:48	0.7	5:44	8:20	☀
27	Sat	11:30	2.8	11:42	3.5	5:45	0.5	5:34	0.6	5:45	8:19	☀
28	Sun			12:15	2.9	6:29	0.4	6:20	0.5	5:46	8:18	☀
29	Mon	12:21	3.6	12:55	3.1	7:11	0.2	7:05	0.4	5:47	8:17	☀
30	Tue	12:57	3.6	1:33	3.2	7:53	0.1	7:49	0.4	5:48	8:16	☀
31	Wed	1:30	3.7	2:10	3.2	8:31	0.0	8:31	0.3	5:49	8:14	☀