

































Poughkeepsie, NY - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:21	3.0	6:04	3.2	11:42	0.5			5:50	8:13	
2	Tue	6:05	2.9	6:46	3.1	12:12	0.9	12:23	0.7	5:51	8:12	
3	Wed	6:48	2.8	7:27	3.1	1:11	1.0	1:14	0.8	5:52	8:11	
4	Thu	7:33	2.7	8:11	3.2	2:14	1.0	2:13	0.8	5:53	8:10	
5	Fri	8:26	2.7	9:03	3.3	3:13	0.9	3:11	0.8	5:54	8:08	
6	Sat	9:30	2.7	10:00	3.4	4:07	0.7	4:06	0.7	5:55	8:07	
7	Sun	10:32	2.8	10:54	3.6	4:58	0.5	4:58	0.5	5:56	8:06	
8	Mon	11:24	3.0	11:42	3.8	5:46	0.3	5:48	0.3	5:57	8:05	
9	Tue			12:11	3.3	6:34	0.0	6:40	0.1	5:58	8:03	
10	Wed	12:27	4.0	12:56	3.5	7:22	-0.2	7:31	0.0	5:59	8:02	
11	Thu	1:13	4.1	1:42	3.7	8:08	-0.3	8:22	-0.1	6:00	8:01	
12	Fri	2:00	4.1	2:31	3.8	8:54	-0.4	9:13	-0.2	6:01	7:59	
13	Sat	2:51	4.0	3:24	3.9	9:39	-0.5	10:03	-0.1	6:02	7:58	
14	Sun	3:45	3.9	4:21	3.9	10:25	-0.4	10:56	0.0	6:03	7:56	
15	Mon	4:44	3.7	5:20	3.9	11:14	-0.2	11:55	0.2	6:04	7:55	
16	Tue	5:44	3.5	6:18	3.8			12:10	0.0	6:05	7:54	
17	Wed	6:43	3.4	7:15	3.7	1:01	0.3	1:12	0.2	6:06	7:52	
18	Thu	7:43	3.2	8:14	3.6	2:09	0.4	2:17	0.3	6:07	7:51	
19	Fri	8:45	3.1	9:16	3.6	3:13	0.4	3:19	0.4	6:08	7:49	
20	Sat	9:49	3.1	10:18	3.6	4:12	0.3	4:17	0.4	6:09	7:48	
21	Sun	10:50	3.2	11:13	3.7	5:05	0.2	5:10	0.3	6:11	7:46	
22	Mon	11:42	3.3			5:54	0.1	5:59	0.3	6:12	7:44	
23	Tue	12:00	3.7	12:28	3.4	6:41	0.1	6:47	0.3	6:13	7:43	
24	Wed	12:43	3.7	1:10	3.5	7:25	0.0	7:32	0.3	6:14	7:41	
25	Thu	1:22	3.7	1:51	3.5	8:06	0.0	8:15	0.3	6:15	7:40	
26	Fri	2:01	3.6	2:31	3.5	8:44	0.1	8:56	0.3	6:16	7:38	
27	Sat	2:39	3.5	3:11	3.5	9:20	0.2	9:34	0.4	6:17	7:37	
28	Sun	3:17	3.3	3:51	3.4	9:54	0.3	10:11	0.5	6:18	7:35	
29	Mon	3:56	3.2	4:32	3.3	10:25	0.4	10:48	0.7	6:19	7:33	
30	Tue	4:36	3.0	5:13	3.2	10:54	0.6	11:28	0.8	6:20	7:32	
31	Wed	5:19	2.9	5:53	3.2	11:24	0.7			6:21	7:30	