

































Poughkeepsie, NY - Jul 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:00	3.4	7:40	3.4	1:12	0.5	1:38	0.1	5:25	8:34	
2	Mon	7:53	3.2	8:32	3.4	2:18	0.5	2:34	0.2	5:26	8:33	
3	Tue	8:49	3.0	9:26	3.4	3:19	0.5	3:26	0.3	5:26	8:33	
4	Wed	9:47	2.9	10:19	3.5	4:15	0.5	4:14	0.3	5:27	8:33	
5	Thu	10:44	2.8	11:07	3.5	5:06	0.4	5:00	0.4	5:27	8:33	
6	Fri	11:35	2.9	11:51	3.6	5:54	0.3	5:45	0.4	5:28	8:32	
7	Sat			12:21	2.9	6:40	0.3	6:28	0.5	5:29	8:32	
8	Sun	12:31	3.6	1:04	2.9	7:24	0.2	7:12	0.5	5:29	8:32	
9	Mon	1:09	3.6	1:46	2.9	8:07	0.2	7:55	0.5	5:30	8:31	
10	Tue	1:47	3.6	2:29	2.9	8:47	0.2	8:36	0.5	5:31	8:31	
11	Wed	2:23	3.5	3:12	2.9	9:25	0.2	9:15	0.6	5:32	8:30	
12	Thu	2:58	3.4	3:56	2.9	10:01	0.2	9:51	0.6	5:32	8:30	
13	Fri	3:33	3.3	4:39	2.9	10:35	0.3	10:26	0.7	5:33	8:29	
14	Sat	4:09	3.2	5:20	2.9	11:08	0.4	11:05	0.8	5:34	8:29	
15	Sun	4:50	3.1	5:58	3.0	11:42	0.4	11:52	0.8	5:35	8:28	
16	Mon	5:36	3.0	6:36	3.1			12:22	0.5	5:36	8:27	
17	Tue	6:26	3.0	7:18	3.3	12:56	0.9	1:12	0.5	5:36	8:27	
18	Wed	7:19	2.9	8:07	3.4	2:10	0.8	2:12	0.5	5:37	8:26	
19	Thu	8:19	2.9	9:06	3.6	3:18	0.6	3:14	0.4	5:38	8:25	
20	Fri	9:31	2.9	10:11	3.8	4:19	0.4	4:15	0.3	5:39	8:24	
21	Sat	10:43	3.0	11:12	4.0	5:17	0.2	5:14	0.2	5:40	8:24	
22	Sun	11:45	3.2			6:13	0.0	6:12	0.0	5:41	8:23	
23	Mon	12:08	4.2	12:41	3.3	7:08	-0.2	7:11	-0.1	5:42	8:22	
24	Tue	1:02	4.3	1:37	3.5	8:01	-0.4	8:07	-0.2	5:43	8:21	
25	Wed	1:56	4.3	2:33	3.5	8:52	-0.5	9:02	-0.2	5:44	8:20	
26	Thu	2:51	4.2	3:31	3.6	9:40	-0.5	9:54	-0.1	5:45	8:19	
27	Fri	3:48	4.0	4:29	3.6	10:28	-0.4	10:47	0.1	5:46	8:18	
28	Sat	4:45	3.8	5:25	3.6	11:16	-0.2	11:43	0.3	5:46	8:17	
29	Sun	5:40	3.6	6:18	3.6			12:07	0.0	5:47	8:16	
30	Mon	6:34	3.3	7:08	3.5	12:44	0.5	1:01	0.2	5:48	8:15	
31	Tue	7:25	3.1	7:58	3.4	1:48	0.6	1:56	0.4	5:49	8:14	