

Poughkeepsie, NY - Jul 2022

| Date | | High | | | | Low | | | | ☀️ | | 🌙 |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | | | 12:07 | 2.7 | 6:29 | 0.3 | 6:17 | 0.5 | 5:25 | 8:34 | 🌑 |
| 2 | Wed | 12:17 | 3.7 | 12:49 | 2.8 | 7:16 | 0.2 | 7:04 | 0.4 | 5:25 | 8:34 | 🌑 |
| 3 | Thu | 12:55 | 3.8 | 1:31 | 2.9 | 8:02 | 0.1 | 7:52 | 0.4 | 5:26 | 8:33 | 🌑 |
| 4 | Fri | 1:36 | 3.8 | 2:15 | 3.0 | 8:46 | -0.1 | 8:39 | 0.3 | 5:26 | 8:33 | 🌑 |
| 5 | Sat | 2:20 | 3.8 | 3:03 | 3.0 | 9:29 | -0.1 | 9:26 | 0.3 | 5:27 | 8:33 | 🌑 |
| 6 | Sun | 3:10 | 3.8 | 3:56 | 3.1 | 10:12 | -0.1 | 10:14 | 0.3 | 5:28 | 8:33 | 🌑 |
| 7 | Mon | 4:04 | 3.7 | 4:51 | 3.2 | 10:56 | -0.1 | 11:06 | 0.3 | 5:28 | 8:32 | 🌑 |
| 8 | Tue | 5:01 | 3.6 | 5:47 | 3.4 | 11:43 | -0.1 | | | 5:29 | 8:32 | 🌑 |
| 9 | Wed | 5:57 | 3.5 | 6:40 | 3.5 | 12:07 | 0.4 | 12:36 | 0.0 | 5:30 | 8:31 | 🌑 |
| 10 | Thu | 6:53 | 3.3 | 7:32 | 3.6 | 1:17 | 0.5 | 1:34 | 0.1 | 5:30 | 8:31 | 🌑 |
| 11 | Fri | 7:50 | 3.2 | 8:28 | 3.7 | 2:26 | 0.5 | 2:33 | 0.1 | 5:31 | 8:31 | 🌑 |
| 12 | Sat | 8:52 | 3.0 | 9:29 | 3.7 | 3:31 | 0.4 | 3:31 | 0.1 | 5:32 | 8:30 | 🌑 |
| 13 | Sun | 9:59 | 3.0 | 10:31 | 3.8 | 4:30 | 0.3 | 4:28 | 0.2 | 5:33 | 8:30 | 🌑 |
| 14 | Mon | 11:03 | 3.0 | 11:27 | 3.8 | 5:27 | 0.2 | 5:22 | 0.2 | 5:33 | 8:29 | 🌑 |
| 15 | Tue | | | 12:00 | 3.1 | 6:20 | 0.1 | 6:15 | 0.2 | 5:34 | 8:28 | 🌑 |
| 16 | Wed | 12:18 | 3.9 | 12:52 | 3.1 | 7:12 | 0.0 | 7:08 | 0.2 | 5:35 | 8:28 | 🌑 |
| 17 | Thu | 1:05 | 3.8 | 1:41 | 3.2 | 8:01 | -0.1 | 7:58 | 0.3 | 5:36 | 8:27 | 🌑 |
| 18 | Fri | 1:50 | 3.8 | 2:29 | 3.2 | 8:47 | -0.1 | 8:44 | 0.3 | 5:37 | 8:26 | 🌑 |
| 19 | Sat | 2:36 | 3.7 | 3:17 | 3.2 | 9:29 | 0.0 | 9:28 | 0.4 | 5:38 | 8:26 | 🌑 |
| 20 | Sun | 3:21 | 3.5 | 4:06 | 3.1 | 10:09 | 0.1 | 10:10 | 0.5 | 5:39 | 8:25 | 🌑 |
| 21 | Mon | 4:07 | 3.4 | 4:53 | 3.1 | 10:46 | 0.2 | 10:51 | 0.7 | 5:39 | 8:24 | 🌑 |
| 22 | Tue | 4:52 | 3.2 | 5:39 | 3.1 | 11:24 | 0.4 | 11:36 | 0.8 | 5:40 | 8:23 | 🌑 |
| 23 | Wed | 5:37 | 3.0 | 6:21 | 3.1 | | | 12:02 | 0.5 | 5:41 | 8:22 | 🌑 |
| 24 | Thu | 6:20 | 2.8 | 7:02 | 3.1 | 12:28 | 0.9 | 12:43 | 0.7 | 5:42 | 8:21 | 🌑 |
| 25 | Fri | 7:02 | 2.7 | 7:43 | 3.1 | 1:29 | 1.0 | 1:30 | 0.8 | 5:43 | 8:21 | 🌑 |
| 26 | Sat | 7:47 | 2.6 | 8:26 | 3.2 | 2:31 | 1.0 | 2:23 | 0.8 | 5:44 | 8:20 | 🌑 |
| 27 | Sun | 8:42 | 2.5 | 9:17 | 3.2 | 3:29 | 0.9 | 3:17 | 0.8 | 5:45 | 8:19 | 🌑 |
| 28 | Mon | 9:47 | 2.5 | 10:13 | 3.3 | 4:22 | 0.8 | 4:10 | 0.8 | 5:46 | 8:18 | 🌑 |
| 29 | Tue | 10:49 | 2.6 | 11:05 | 3.5 | 5:13 | 0.6 | 5:01 | 0.7 | 5:47 | 8:17 | 🌑 |
| 30 | Wed | 11:40 | 2.8 | 11:52 | 3.7 | 6:01 | 0.4 | 5:51 | 0.5 | 5:48 | 8:15 | 🌑 |
| 31 | Thu | | | 12:25 | 2.9 | 6:49 | 0.2 | 6:42 | 0.4 | 5:49 | 8:14 | 🌑 |