US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2043

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:48	3.1	8:27	3.6	2:33	0.6	2:37	0.2	5:25	8:34	
2	Thu	8:53	3.0	9:29	3.8	3:39	0.4	3:36	0.1	5:25	8:34	
3	Fri	10:03	3.0	10:33	3.9	4:40	0.2	4:34	0.1	5:26	8:33	
4	Sat	11:10	3.1	11:32	4.0	5:37	0.0	5:31	0.0	5:26	8:33	
5	Sun			12:09	3.2	6:33	-0.1	6:28	0.0	5:27	8:33	
6	Mon	12:27	4.1	1:04	3.3	7:28	-0.2	7:25	0.0	5:28	8:33	
7	Tue	1:19	4.1	1:59	3.3	8:21	-0.3	8:20	0.0	5:28	8:32	
8	Wed	2:12	4.0	2:55	3.3	9:10	-0.3	9:11	0.1	5:29	8:32	
9	Thu	3:05	3.9	3:50	3.3	9:57	-0.3	10:00	0.2	5:30	8:32	
10	Fri	3:58	3.7	4:45	3.3	10:42	-0.1	10:49	0.4	5:30	8:31	
11	Sat	4:51	3.5	5:36	3.3	11:28	0.0	11:41	0.6	5:31	8:31	
12	Sun	5:42	3.3	6:24	3.3			12:15	0.3	5:32	8:30	
13	Mon	6:30	3.0	7:10	3.3	12:38	0.7	1:03	0.4	5:33	8:30	
14	Tue	7:17	2.8	7:54	3.2	1:38	0.8	1:53	0.6	5:33	8:29	
15	Wed	8:05	2.7	8:41	3.2	2:38	0.9	2:42	0.7	5:34	8:28	
16	Thu	8:59	2.6	9:32	3.3	3:34	0.8	3:31	0.7	5:35	8:28	
17	Fri	9:59	2.5	10:25	3.3	4:25	0.7	4:18	0.7	5:36	8:27	
18	Sat	10:56	2.6	11:13	3.4	5:13	0.6	5:04	0.7	5:37	8:26	
19	Sun	11:45	2.7	11:57	3.5	5:59	0.5	5:50	0.7	5:37	8:26	
20	Mon			12:29	2.8	6:44	0.4	6:36	0.6	5:38	8:25	
21	Tue	12:36	3.6	1:09	2.9	7:29	0.2	7:21	0.5	5:39	8:24	
22	Wed	1:13	3.7	1:47	2.9	8:11	0.1	8:06	0.5	5:40	8:23	
23	Thu	1:49	3.7	2:25	3.0	8:50	0.0	8:48	0.4	5:41	8:23	
24	Fri	2:27	3.7	3:05	3.1	9:28	0.0	9:29	0.4	5:42	8:22	
25	Sat	3:07	3.6	3:48	3.2	10:05	0.0	10:12	0.4	5:43	8:21	
26	Sun	3:53	3.5	4:34	3.3	10:41	0.0	10:58	0.4	5:44	8:20	
27	Mon	4:43	3.4	5:24	3.4	11:21	0.1	11:54	0.5	5:45	8:19	
28	Tue	5:38	3.3	6:16	3.6			12:08	0.2	5:46	8:18	
29	Wed	6:34	3.1	7:09	3.6	1:03	0.6	1:05	0.3	5:47	8:17	
30	Thu	7:33	3.0	8:06	3.7	2:16	0.6	2:11	0.3	5:48	8:16	
31	Fri	8:39	2.9	9:12	3.7	3:24	0.5	3:17	0.3	5:49	8:15	