US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:15	3.4	6:57	3.5	12:18	0.4	12:52	0.0	5:25	8:34	
2	Sat	7:07	3.2	7:47	3.5	1:22	0.6	1:47	0.2	5:26	8:33	
3	Sun	7:58	2.9	8:37	3.4	2:25	0.6	2:40	0.4	5:26	8:33	
4	Mon	8:53	2.8	9:29	3.4	3:24	0.6	3:31	0.5	5:27	8:33	
5	Tue	9:52	2.7	10:21	3.4	4:18	0.6	4:18	0.5	5:27	8:33	
6	Wed	10:49	2.7	11:10	3.5	5:08	0.5	5:04	0.6	5:28	8:32	
7	Thu	11:40	2.7	11:54	3.5	5:55	0.4	5:49	0.6	5:29	8:32	
8	Fri			12:25	2.8	6:40	0.4	6:33	0.6	5:29	8:32	
9	Sat	12:35	3.6	1:07	2.8	7:24	0.3	7:18	0.6	5:30	8:31	
10	Sun	1:14	3.6	1:48	2.9	8:06	0.2	8:01	0.6	5:31	8:31	
11	Mon	1:51	3.6	2:28	2.9	8:45	0.2	8:42	0.6	5:32	8:30	
12	Tue	2:27	3.5	3:08	2.9	9:22	0.2	9:19	0.6	5:32	8:30	
13	Wed	3:02	3.4	3:47	2.9	9:56	0.2	9:55	0.6	5:33	8:29	
14	Thu	3:37	3.3	4:25	3.0	10:28	0.2	10:31	0.7	5:34	8:29	
15	Fri	4:15	3.2	5:02	3.0	11:00	0.3	11:11	0.7	5:35	8:28	
16	Sat	4:58	3.1	5:42	3.2	11:34	0.3			5:36	8:27	
17	Sun	5:47	3.0	6:26	3.3	12:03	0.8	12:16	0.4	5:36	8:27	
18	Mon	6:40	2.9	7:14	3.5	1:14	0.8	1:09	0.4	5:37	8:26	
19	Tue	7:37	2.9	8:10	3.6	2:29	0.7	2:15	0.4	5:38	8:25	
20	Wed	8:43	2.8	9:15	3.7	3:37	0.6	3:22	0.4	5:39	8:24	
21	Thu	9:58	2.9	10:25	3.8	4:39	0.4	4:27	0.3	5:40	8:24	
22	Fri	11:08	3.0	11:29	4.0	5:36	0.1	5:28	0.1	5:41	8:23	
23	Sat			12:08	3.2	6:32	-0.1	6:28	0.0	5:42	8:22	
24	Sun	12:25	4.1	1:03	3.4	7:26	-0.3	7:26	-0.1	5:43	8:21	
25	Mon	1:19	4.2	1:58	3.5	8:18	-0.4	8:22	-0.1	5:44	8:20	
26	Tue	2:11	4.1	2:52	3.6	9:06	-0.5	9:14	-0.1	5:45	8:19	
27	Wed	3:05	4.0	3:47	3.7	9:52	-0.4	10:04	0.0	5:46	8:18	
28	Thu	3:58	3.8	4:41	3.6	10:38	-0.3	10:55	0.2	5:47	8:17	
29	Fri	4:52	3.6	5:34	3.6	11:24	-0.1	11:49	0.4	5:48	8:16	
30	Sat	5:45	3.3	6:23	3.5			12:12	0.2	5:48	8:15	
31	Sun	6:36	3.1	7:11	3.4	12:48	0.6	1:04	0.4	5:49	8:14	