US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:27	2.8	7:59	3.4	1:51	0.7	1:59	0.6	5:50	8:13	
2	Tue	8:20	2.7	8:51	3.3	2:53	0.8	2:54	0.8	5:51	8:12	
3	Wed	9:19	2.6	9:47	3.3	3:49	0.8	3:46	0.8	5:52	8:10	
4	Thu	10:21	2.6	10:43	3.3	4:41	0.7	4:36	0.8	5:53	8:09	
5	Fri	11:15	2.7	11:31	3.4	5:28	0.6	5:24	0.7	5:54	8:08	
6	Sat			12:02	2.8	6:13	0.5	6:09	0.7	5:55	8:07	
7	Sun	12:14	3.5	12:43	2.9	6:56	0.4	6:54	0.6	5:57	8:05	
8	Mon	12:52	3.6	1:22	3.0	7:37	0.2	7:38	0.5	5:58	8:04	
9	Tue	1:27	3.6	1:58	3.1	8:15	0.2	8:19	0.5	5:59	8:03	
10	Wed	2:01	3.6	2:32	3.2	8:51	0.1	8:58	0.5	6:00	8:01	
11	Thu	2:33	3.5	3:04	3.2	9:24	0.1	9:35	0.5	6:01	8:00	
12	Fri	3:07	3.4	3:37	3.3	9:55	0.1	10:12	0.5	6:02	7:59	
13	Sat	3:45	3.3	4:16	3.4	10:26	0.2	10:52	0.6	6:03	7:57	
14	Sun	4:30	3.2	5:01	3.5	10:59	0.3	11:43	0.7	6:04	7:56	
15	Mon	5:22	3.0	5:52	3.5	11:40	0.4			6:05	7:54	
16	Tue	6:20	2.9	6:48	3.6	12:52	0.7	12:36	0.5	6:06	7:53	
17	Wed	7:22	2.8	7:50	3.6	2:10	0.7	1:52	0.6	6:07	7:52	
18	Thu	8:32	2.8	9:01	3.7	3:21	0.6	3:10	0.5	6:08	7:50	
19	Fri	9:49	2.9	10:16	3.8	4:24	0.4	4:18	0.4	6:09	7:49	
20	Sat	10:59	3.2	11:20	3.9	5:21	0.2	5:19	0.2	6:10	7:47	
21	Sun	11:57	3.4			6:14	0.0	6:17	0.0	6:11	7:46	
22	Mon	12:15	4.1	12:49	3.6	7:06	-0.2	7:13	-0.1	6:12	7:44	
23	Tue	1:05	4.1	1:39	3.8	7:54	-0.3	8:06	-0.1	6:13	7:42	
24	Wed	1:53	4.1	2:27	3.9	8:40	-0.4	8:55	-0.1	6:14	7:41	
25	Thu	2:41	3.9	3:16	3.8	9:24	-0.3	9:43	0.0	6:15	7:39	
26	Fri	3:30	3.7	4:05	3.8	10:06	-0.1	10:29	0.2	6:16	7:38	
27	Sat	4:20	3.4	4:54	3.7	10:46	0.1	11:17	0.4	6:17	7:36	
28	Sun	5:13	3.2	5:44	3.5	11:29	0.4			6:18	7:34	
29	Mon	6:05	2.9	6:32	3.4	12:11	0.7	12:16	0.7	6:19	7:33	
30	Tue	6:57	2.8	7:21	3.3	1:13	0.8	1:12	0.9	6:20	7:31	
31	Wed	7:50	2.6	8:14	3.2	2:17	0.9	2:15	1.0	6:21	7:30	