US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:28	3.5	3:08	2.9	9:20	0.1	9:19	0.6	5:25	8:34	
2	Sun	3:09	3.4	3:53	2.9	9:56	0.2	9:57	0.7	5:25	8:34	
3	Mon	3:50	3.3	4:38	2.9	10:31	0.3	10:33	0.8	5:26	8:33	
4	Tue	4:31	3.1	5:21	2.9	11:04	0.3	11:12	0.9	5:27	8:33	
5	Wed	5:12	3.0	5:59	2.9	11:38	0.4	11:58	1.0	5:27	8:33	
6	Thu	5:52	2.9	6:34	3.0			12:14	0.5	5:28	8:33	
7	Fri	6:33	2.8	7:10	3.1	12:59	1.0	12:57	0.6	5:29	8:32	
8	Sat	7:19	2.7	7:51	3.2	2:08	1.0	1:51	0.6	5:29	8:32	
9	Sun	8:13	2.7	8:42	3.4	3:12	0.8	2:50	0.6	5:30	8:31	
10	Mon	9:19	2.7	9:43	3.5	4:11	0.6	3:49	0.5	5:31	8:31	
11	Tue	10:29	2.7	10:46	3.8	5:06	0.4	4:47	0.4	5:31	8:30	
12	Wed	11:30	2.9	11:43	4.0	5:59	0.2	5:45	0.2	5:32	8:30	
13	Thu			12:24	3.1	6:52	0.0	6:42	0.1	5:33	8:29	
14	Fri	12:35	4.1	1:16	3.3	7:44	-0.2	7:40	-0.1	5:34	8:29	
15	Sat	1:28	4.2	2:10	3.5	8:34	-0.4	8:35	-0.2	5:35	8:28	
16	Sun	2:21	4.2	3:06	3.6	9:22	-0.5	9:28	-0.2	5:35	8:28	
17	Mon	3:17	4.0	4:03	3.7	10:09	-0.5	10:21	-0.1	5:36	8:27	
18	Tue	4:14	3.8	5:01	3.7	10:56	-0.4	11:16	0.1	5:37	8:26	
19	Wed	5:11	3.6	5:56	3.7	11:46	-0.2			5:38	8:25	
20	Thu	6:08	3.4	6:49	3.7	12:16	0.3	12:41	0.0	5:39	8:25	
21	Fri	7:02	3.2	7:40	3.6	1:21	0.4	1:38	0.2	5:40	8:24	
22	Sat	7:57	3.0	8:34	3.5	2:27	0.5	2:37	0.4	5:41	8:23	
23	Sun	8:57	2.8	9:31	3.5	3:28	0.5	3:33	0.5	5:42	8:22	
24	Mon	10:01	2.7	10:29	3.5	4:25	0.5	4:26	0.6	5:42	8:21	
25	Tue	11:01	2.7	11:21	3.5	5:17	0.4	5:16	0.6	5:43	8:20	
26	Wed	11:52	2.8			6:05	0.4	6:03	0.6	5:44	8:19	
27	Thu	12:07	3.6	12:36	2.9	6:50	0.3	6:49	0.5	5:45	8:18	
28	Fri	12:48	3.6	1:18	3.0	7:33	0.2	7:34	0.5	5:46	8:17	
29	Sat	1:27	3.6	1:58	3.1	8:14	0.2	8:16	0.5	5:47	8:16	
30	Sun	2:05	3.6	2:37	3.1	8:51	0.2	8:56	0.5	5:48	8:15	
31	Mon	2:41	3.5	3:16	3.1	9:25	0.2	9:33	0.6	5:49	8:14	