US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	**3:16**	3.3	**3:52**	3.1	**9:56**	0.2	**10:08**	0.7	5:50	8:13	
2	Wed	**3:50**	3.2	**4:27**	3.1	**10:25**	0.3	**10:42**	0.7	5:51	8:12	
3	Thu	**4:25**	3.1	**5:00**	3.1	**10:52**	0.4	**11:20**	0.8	5:52	8:11	
4	Fri	**5:05**	2.9	**5:36**	3.2	**11:22**	0.5			5:53	8:09	
5	Sat	**5:51**	2.8	**6:18**	3.3	**12:10**	0.9	**12:00**	0.6	5:54	8:08	
6	Sun	**6:42**	2.7	**7:07**	3.4	**1:22**	0.9	**12:54**	0.7	5:55	8:07	
7	Mon	**7:40**	2.7	**8:04**	3.5	**2:39**	0.9	**2:08**	0.7	5:56	8:06	
8	Tue	**8:50**	2.7	**9:14**	3.6	**3:45**	0.7	**3:23**	0.6	5:57	8:04	
9	Wed	**10:06**	2.8	**10:27**	3.8	**4:43**	0.5	**4:30**	0.4	5:58	8:03	
10	Thu	**11:12**	3.1	**11:29**	4.0	**5:38**	0.2	**5:30**	0.2	5:59	8:02	
11	Fri			**12:08**	3.3	**6:30**	0.0	**6:29**	0.0	6:00	8:00	
12	Sat	**12:23**	4.2	**12:59**	3.6	**7:21**	-0.3	**7:26**	-0.2	6:01	7:59	
13	Sun	**1:14**	4.2	**1:51**	3.8	**8:10**	-0.4	**8:20**	-0.3	6:02	7:58	
14	Mon	**2:05**	4.2	**2:43**	3.9	**8:57**	-0.5	**9:12**	-0.2	6:03	7:56	
15	Tue	**2:57**	4.0	**3:36**	4.0	**9:43**	-0.5	**10:03**	-0.1	6:04	7:55	
16	Wed	**3:51**	3.8	**4:31**	3.9	**10:28**	-0.3	**10:55**	0.1	6:05	7:53	
17	Thu	**4:47**	3.6	**5:26**	3.8	**11:15**	-0.1	**11:51**	0.3	6:07	7:52	
18	Fri	**5:44**	3.3	**6:19**	3.7			**12:07**	0.2	6:08	7:50	
19	Sat	**6:40**	3.1	**7:12**	3.6	**12:54**	0.5	**1:05**	0.5	6:09	7:49	
20	Sun	**7:36**	2.9	**8:05**	3.4	**2:00**	0.7	**2:07**	0.7	6:10	7:47	
21	Mon	**8:35**	2.7	**9:04**	3.3	**3:04**	0.7	**3:08**	0.8	6:11	7:46	
22	Tue	**9:39**	2.7	**10:04**	3.3	**4:02**	0.7	**4:04**	0.8	6:12	7:44	
23	Wed	**10:39**	2.8	**10:59**	3.4	**4:53**	0.6	**4:55**	0.8	6:13	7:43	
24	Thu	**11:30**	2.9	**11:45**	3.5	**5:39**	0.5	**5:42**	0.7	6:14	7:41	
25	Fri			**12:13**	3.1	**6:22**	0.4	**6:27**	0.6	6:15	7:40	
26	Sat	**12:26**	3.6	**12:52**	3.2	**7:02**	0.3	**7:10**	0.5	6:16	7:38	
27	Sun	**1:03**	3.6	**1:28**	3.3	**7:40**	0.2	**7:52**	0.5	6:17	7:36	
28	Mon	**1:37**	3.6	**2:02**	3.4	**8:16**	0.2	**8:31**	0.5	6:18	7:35	
29	Tue	**2:10**	3.5	**2:34**	3.4	**8:49**	0.2	**9:08**	0.5	6:19	7:33	
30	Wed	**2:41**	3.4	**3:02**	3.4	**9:20**	0.2	**9:43**	0.5	6:20	7:32	
31	Thu	**3:12**	3.2	**3:30**	3.4	**9:48**	0.3	**10:17**	0.6	6:21	7:30	