US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:25	2.7	11:31	3.6	5:48	0.4	5:29	0.5	5:25	8:34	
2	Mon			12:11	2.8	6:36	0.3	6:18	0.4	5:25	8:34	
3	Tue	12:13	3.8	12:55	3.0	7:23	0.1	7:09	0.3	5:26	8:33	
4	Wed	12:56	3.9	1:40	3.1	8:10	-0.1	8:00	0.2	5:26	8:33	
5	Thu	1:41	3.9	2:28	3.2	8:55	-0.2	8:50	0.1	5:27	8:33	
6	Fri	2:29	3.9	3:19	3.3	9:38	-0.3	9:39	0.0	5:28	8:33	
7	Sat	3:21	3.8	4:14	3.4	10:22	-0.3	10:29	0.1	5:28	8:32	
8	Sun	4:17	3.7	5:10	3.5	11:08	-0.2	11:25	0.2	5:29	8:32	
9	Mon	5:15	3.5	6:05	3.6	11:57	-0.1			5:30	8:31	
10	Tue	6:12	3.4	6:58	3.7	12:28	0.3	12:53	0.0	5:30	8:31	
11	Wed	7:09	3.2	7:52	3.7	1:36	0.4	1:53	0.1	5:31	8:31	
12	Thu	8:07	3.0	8:50	3.7	2:44	0.4	2:54	0.2	5:32	8:30	
13	Fri	9:13	2.9	9:51	3.7	3:46	0.4	3:52	0.2	5:33	8:30	
14	Sat	10:21	2.9	10:51	3.7	4:44	0.3	4:48	0.3	5:34	8:29	
15	Sun	11:22	2.9	11:44	3.8	5:39	0.2	5:41	0.3	5:34	8:28	
16	Mon			12:15	3.0	6:30	0.1	6:33	0.3	5:35	8:28	
17	Tue	12:32	3.8	1:03	3.1	7:19	0.0	7:22	0.3	5:36	8:27	
18	Wed	1:16	3.8	1:49	3.1	8:05	0.0	8:09	0.3	5:37	8:26	
19	Thu	1:59	3.7	2:33	3.1	8:47	0.0	8:53	0.4	5:38	8:26	
20	Fri	2:41	3.6	3:17	3.1	9:26	0.0	9:34	0.5	5:39	8:25	
21	Sat	3:24	3.5	4:02	3.1	10:02	0.1	10:13	0.6	5:40	8:24	
22	Sun	4:07	3.3	4:46	3.1	10:36	0.2	10:53	0.7	5:40	8:23	
23	Mon	4:50	3.1	5:28	3.1	11:08	0.4	11:35	0.9	5:41	8:22	
24	Tue	5:33	2.9	6:08	3.1	11:41	0.5			5:42	8:21	
25	Wed	6:16	2.8	6:45	3.1	12:27	1.0	12:17	0.6	5:43	8:20	
26	Thu	6:59	2.7	7:23	3.1	1:30	1.0	1:04	0.8	5:44	8:20	
27	Fri	7:46	2.6	8:06	3.2	2:34	1.0	2:04	0.8	5:45	8:19	
28	Sat	8:44	2.5	9:01	3.3	3:34	0.9	3:07	0.8	5:46	8:18	
29	Sun	9:51	2.6	10:04	3.4	4:28	0.7	4:06	0.7	5:47	8:17	
30	Mon	10:53	2.7	11:02	3.6	5:19	0.5	5:02	0.5	5:48	8:15	
31	Tue	11:45	2.9	11:52	3.8	6:08	0.3	5:55	0.3	5:49	8:14	