US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:31	3.2	6:56	0.0	6:49	0.2	5:50	8:13	
2	Thu	12:39	4.0	1:17	3.4	7:44	-0.2	7:43	0.0	5:51	8:12	
3	Fri	1:26	4.1	2:05	3.6	8:29	-0.3	8:34	-0.1	5:52	8:11	
4	Sat	2:14	4.1	2:55	3.7	9:13	-0.4	9:25	-0.1	5:53	8:10	
5	Sun	3:05	3.9	3:49	3.8	9:57	-0.4	10:16	-0.1	5:54	8:09	
6	Mon	4:00	3.8	4:44	3.9	10:42	-0.3	11:10	0.1	5:55	8:07	
7	Tue	4:58	3.5	5:41	3.8	11:31	-0.1			5:56	8:06	
8	Wed	5:56	3.3	6:36	3.8	12:10	0.3	12:26	0.1	5:57	8:05	
9	Thu	6:55	3.1	7:32	3.7	1:17	0.4	1:29	0.3	5:58	8:03	
10	Fri	7:55	3.0	8:31	3.6	2:25	0.5	2:34	0.4	5:59	8:02	
11	Sat	9:00	2.9	9:34	3.6	3:30	0.5	3:36	0.5	6:00	8:01	
12	Sun	10:08	2.9	10:36	3.6	4:28	0.4	4:33	0.5	6:01	7:59	
13	Mon	11:09	3.0	11:29	3.6	5:21	0.3	5:26	0.5	6:02	7:58	
14	Tue			12:00	3.1	6:10	0.2	6:15	0.4	6:03	7:57	
15	Wed	12:15	3.7	12:44	3.2	6:55	0.2	7:03	0.4	6:04	7:55	
16	Thu	12:57	3.7	1:24	3.3	7:38	0.1	7:47	0.4	6:05	7:54	
17	Fri	1:36	3.7	2:03	3.3	8:17	0.1	8:29	0.4	6:06	7:52	
18	Sat	2:14	3.6	2:41	3.3	8:53	0.1	9:08	0.4	6:07	7:51	
19	Sun	2:51	3.4	3:19	3.3	9:26	0.2	9:46	0.5	6:08	7:49	
20	Mon	3:29	3.3	3:55	3.3	9:56	0.3	10:21	0.6	6:09	7:48	
21	Tue	4:07	3.1	4:31	3.2	10:24	0.4	10:58	0.8	6:10	7:46	
22	Wed	4:47	2.9	5:06	3.2	10:51	0.6	11:39	0.9	6:11	7:45	
23	Thu	5:30	2.8	5:44	3.2	11:21	0.7			6:12	7:43	
24	Fri	6:17	2.7	6:27	3.2	12:36	1.0	12:02	0.8	6:13	7:42	
25	Sat	7:08	2.6	7:18	3.2	1:50	1.0	1:05	0.9	6:14	7:40	
26	Sun	8:07	2.6	8:18	3.3	2:59	1.0	2:29	0.9	6:16	7:38	
27	Mon	9:16	2.7	9:28	3.5	3:58	0.8	3:40	0.8	6:17	7:37	
28	Tue	10:23	2.9	10:35	3.7	4:50	0.5	4:41	0.5	6:18	7:35	
29	Wed	11:18	3.2	11:30	3.9	5:39	0.3	5:37	0.3	6:19	7:34	
30	Thu			12:07	3.5	6:27	0.0	6:31	0.0	6:20	7:32	
31	Fri	12:20	4.1	12:54	3.8	7:14	-0.2	7:25	-0.2	6:21	7:30	