US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2048

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:34	3.5	6:14	3.5			12:03	-0.1	5:25	8:34	
2	Thu	6:27	3.3	7:04	3.4	12:36	0.5	12:56	0.2	5:26	8:33	
3	Fri	7:17	3.1	7:52	3.4	1:38	0.6	1:49	0.3	5:26	8:33	
4	Sat	8:08	2.9	8:41	3.3	2:40	0.7	2:42	0.5	5:27	8:33	
5	Sun	9:03	2.7	9:34	3.3	3:36	0.6	3:32	0.6	5:27	8:33	
6	Mon	10:01	2.7	10:27	3.3	4:28	0.6	4:20	0.6	5:28	8:32	
7	Tue	10:56	2.7	11:15	3.4	5:16	0.5	5:05	0.6	5:29	8:32	
8	Wed	11:45	2.8	11:58	3.5	6:02	0.4	5:50	0.5	5:29	8:32	
9	Thu			12:30	2.9	6:46	0.3	6:35	0.5	5:30	8:31	
10	Fri	12:37	3.6	1:11	3.0	7:29	0.2	7:19	0.5	5:31	8:31	
11	Sat	1:13	3.6	1:52	3.0	8:10	0.1	8:02	0.4	5:32	8:30	
12	Sun	1:47	3.6	2:31	3.0	8:49	0.1	8:43	0.4	5:32	8:30	
13	Mon	2:19	3.5	3:09	3.1	9:25	0.1	9:21	0.4	5:33	8:29	
14	Tue	2:51	3.5	3:47	3.1	9:58	0.1	9:58	0.5	5:34	8:29	
15	Wed	3:27	3.4	4:26	3.2	10:31	0.1	10:37	0.5	5:35	8:28	
16	Thu	4:09	3.3	5:09	3.3	11:04	0.2	11:23	0.6	5:36	8:27	
17	Fri	4:59	3.2	5:55	3.4	11:42	0.3			5:36	8:27	
18	Sat	5:54	3.1	6:45	3.5	12:23	0.6	12:32	0.3	5:37	8:26	
19	Sun	6:52	3.0	7:39	3.6	1:36	0.6	1:38	0.4	5:38	8:25	
20	Mon	7:54	2.9	8:40	3.7	2:48	0.5	2:48	0.3	5:39	8:24	
21	Tue	9:06	2.9	9:49	3.8	3:54	0.4	3:55	0.2	5:40	8:24	
22	Wed	10:22	3.0	10:55	4.0	4:53	0.2	4:56	0.1	5:41	8:23	
23	Thu	11:27	3.2	11:53	4.1	5:50	-0.1	5:55	0.0	5:42	8:22	
24	Fri			12:25	3.4	6:44	-0.3	6:52	-0.1	5:43	8:21	
25	Sat	12:46	4.2	1:18	3.6	7:36	-0.4	7:48	-0.2	5:44	8:20	
26	Sun	1:37	4.2	2:11	3.7	8:26	-0.5	8:40	-0.2	5:45	8:19	
27	Mon	2:28	4.1	3:03	3.7	9:13	-0.5	9:30	-0.1	5:46	8:18	
28	Tue	3:19	3.9	3:56	3.6	9:58	-0.4	10:19	0.1	5:47	8:17	
29	Wed	4:11	3.7	4:48	3.6	10:41	-0.2	11:08	0.3	5:48	8:16	
30	Thu	5:04	3.4	5:39	3.5	11:26	0.1			5:49	8:15	
31	Fri	5:55	3.2	6:27	3.4	12:02	0.5	12:13	0.3	5:50	8:14	