US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2048

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