US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:51	3.6	2:30	3.0	8:47	0.1	8:41	0.4	5:25	8:34	
2	Fri	2:28	3.5	3:13	3.0	9:24	0.1	9:20	0.5	5:25	8:34	
3	Sat	3:04	3.4	3:57	3.0	10:00	0.2	9:56	0.6	5:26	8:33	
4	Sun	3:39	3.3	4:40	3.0	10:33	0.2	10:32	0.7	5:27	8:33	
5	Mon	4:14	3.1	5:20	3.0	11:05	0.3	11:10	0.8	5:27	8:33	
6	Tue	4:53	3.0	5:58	3.1	11:37	0.4	11:56	0.8	5:28	8:33	
7	Wed	5:36	2.9	6:35	3.1			12:14	0.5	5:29	8:32	
8	Thu	6:24	2.9	7:16	3.3	1:00	0.9	1:05	0.5	5:29	8:32	
9	Fri	7:16	2.8	8:04	3.4	2:11	0.8	2:08	0.5	5:30	8:31	
10	Sat	8:16	2.8	9:03	3.5	3:17	0.6	3:12	0.5	5:31	8:31	
11	Sun	9:27	2.8	10:07	3.7	4:17	0.4	4:13	0.3	5:31	8:30	
12	Mon	10:39	3.0	11:08	4.0	5:13	0.2	5:12	0.2	5:32	8:30	
13	Tue	11:40	3.2			6:08	-0.1	6:09	0.0	5:33	8:29	
14	Wed	12:04	4.2	12:35	3.4	7:01	-0.3	7:07	-0.2	5:34	8:29	
15	Thu	12:56	4.3	1:29	3.6	7:54	-0.5	8:03	-0.3	5:35	8:28	
16	Fri	1:49	4.3	2:25	3.7	8:44	-0.6	8:57	-0.3	5:35	8:28	
17	Sat	2:43	4.2	3:21	3.7	9:32	-0.6	9:49	-0.2	5:36	8:27	
18	Sun	3:39	4.0	4:19	3.7	10:20	-0.5	10:42	-0.1	5:37	8:26	
19	Mon	4:36	3.8	5:17	3.7	11:08	-0.4	11:39	0.1	5:38	8:25	
20	Tue	5:33	3.6	6:11	3.7			12:00	-0.1	5:39	8:25	
21	Wed	6:28	3.4	7:03	3.6	12:40	0.3	12:55	0.1	5:40	8:24	
22	Thu	7:22	3.1	7:55	3.5	1:45	0.5	1:53	0.3	5:41	8:23	
23	Fri	8:17	3.0	8:49	3.4	2:48	0.5	2:50	0.4	5:42	8:22	
24	Sat	9:16	2.8	9:46	3.4	3:46	0.5	3:44	0.5	5:43	8:21	
25	Sun	10:16	2.8	10:41	3.4	4:39	0.5	4:34	0.5	5:43	8:20	
26	Mon	11:10	2.9	11:29	3.5	5:28	0.4	5:22	0.5	5:44	8:19	
27	Tue	11:58	3.0			6:13	0.3	6:07	0.5	5:45	8:18	
28	Wed	12:12	3.5	12:41	3.1	6:57	0.3	6:52	0.5	5:46	8:17	
29	Thu	12:51	3.6	1:22	3.2	7:38	0.2	7:36	0.4	5:47	8:16	
30	Fri	1:27	3.6	2:02	3.2	8:18	0.1	8:17	0.4	5:48	8:15	
31	Sat	2:02	3.5	2:40	3.2	8:54	0.1	8:56	0.4	5:49	8:14	