US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**2:34**	3.4	**3:18**	3.2	**9:28**	0.2	**9:33**	0.5	5:50	8:13	
2	Mon	**3:05**	3.3	**3:53**	3.2	**9:59**	0.2	**10:08**	0.5	5:51	8:12	
3	Tue	**3:36**	3.2	**4:29**	3.2	**10:28**	0.3	**10:44**	0.6	5:52	8:11	
4	Wed	**4:13**	3.1	**5:06**	3.3	**10:56**	0.4	**11:26**	0.7	5:53	8:09	
5	Thu	**4:59**	3.0	**5:49**	3.3	**11:30**	0.5			5:54	8:08	
6	Fri	**5:52**	2.9	**6:38**	3.4	**12:23**	0.8	**12:17**	0.5	5:55	8:07	
7	Sat	**6:50**	2.9	**7:32**	3.5	**1:38**	0.8	**1:27**	0.6	5:56	8:06	
8	Sun	**7:53**	2.9	**8:35**	3.6	**2:51**	0.7	**2:46**	0.5	5:57	8:04	
9	Mon	**9:06**	2.9	**9:46**	3.8	**3:55**	0.5	**3:55**	0.4	5:58	8:03	
10	Tue	**10:21**	3.1	**10:52**	4.0	**4:52**	0.2	**4:57**	0.2	5:59	8:02	
11	Wed	**11:25**	3.4	**11:49**	4.1	**5:47**	0.0	**5:55**	0.0	6:00	8:00	
12	Thu			**12:20**	3.6	**6:40**	-0.3	**6:52**	-0.2	6:01	7:59	
13	Fri	**12:42**	4.3	**1:12**	3.8	**7:31**	-0.5	**7:47**	-0.3	6:02	7:58	
14	Sat	**1:33**	4.3	**2:04**	3.9	**8:20**	-0.6	**8:41**	-0.3	6:03	7:56	
15	Sun	**2:24**	4.2	**2:57**	4.0	**9:08**	-0.6	**9:32**	-0.2	6:04	7:55	
16	Mon	**3:17**	4.0	**3:51**	3.9	**9:54**	-0.5	**10:22**	-0.1	6:06	7:53	
17	Tue	**4:12**	3.8	**4:46**	3.8	**10:39**	-0.2	**11:14**	0.2	6:07	7:52	
18	Wed	**5:08**	3.5	**5:40**	3.7	**11:27**	0.0			6:08	7:50	
19	Thu	**6:03**	3.3	**6:32**	3.6	**12:12**	0.4	**12:20**	0.3	6:09	7:49	
20	Fri	**6:57**	3.1	**7:24**	3.4	**1:14**	0.6	**1:18**	0.6	6:10	7:47	
21	Sat	**7:51**	2.9	**8:17**	3.3	**2:18**	0.7	**2:18**	0.7	6:11	7:46	
22	Sun	**8:48**	2.8	**9:14**	3.3	**3:18**	0.7	**3:15**	0.8	6:12	7:44	
23	Mon	**9:48**	2.8	**10:12**	3.3	**4:12**	0.7	**4:08**	0.8	6:13	7:43	
24	Tue	**10:44**	2.9	**11:03**	3.4	**5:00**	0.6	**4:57**	0.7	6:14	7:41	
25	Wed	**11:32**	3.1	**11:47**	3.5	**5:44**	0.5	**5:43**	0.6	6:15	7:40	
26	Thu			**12:15**	3.2	**6:25**	0.4	**6:27**	0.5	6:16	7:38	
27	Fri	**12:26**	3.5	**12:54**	3.3	**7:05**	0.3	**7:10**	0.4	6:17	7:36	
28	Sat	**1:01**	3.6	**1:30**	3.4	**7:44**	0.2	**7:52**	0.4	6:18	7:35	
29	Sun	**1:34**	3.5	**2:04**	3.5	**8:20**	0.2	**8:32**	0.4	6:19	7:33	
30	Mon	**2:04**	3.5	**2:36**	3.5	**8:54**	0.2	**9:10**	0.4	6:20	7:32	
31	Tue	**2:34**	3.4	**3:06**	3.5	**9:26**	0.2	**9:46**	0.4	6:21	7:30	