US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2051

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