US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:35	3.1	9:09	3.7	3:09	0.3	3:14	0.2	5:50	8:13	
2	Wed	9:42	3.1	10:14	3.7	4:10	0.2	4:14	0.2	5:51	8:12	
3	Thu	10:47	3.2	11:12	3.8	5:06	0.1	5:09	0.2	5:52	8:11	
4	Fri	11:43	3.3			5:58	0.0	6:02	0.1	5:53	8:10	
5	Sat	12:03	3.9	12:33	3.4	6:48	-0.1	6:52	0.1	5:54	8:09	
6	Sun	12:48	3.9	1:19	3.5	7:35	-0.1	7:41	0.1	5:55	8:08	
7	Mon	1:32	3.8	2:03	3.5	8:19	-0.1	8:26	0.2	5:56	8:06	
8	Tue	2:14	3.7	2:48	3.5	9:00	-0.1	9:09	0.2	5:57	8:05	
9	Wed	2:56	3.6	3:32	3.4	9:39	0.0	9:50	0.4	5:58	8:04	
10	Thu	3:38	3.4	4:17	3.4	10:15	0.2	10:29	0.5	5:59	8:02	
11	Fri	4:22	3.2	5:02	3.3	10:50	0.3	11:11	0.7	6:00	8:01	
12	Sat	5:08	3.0	5:46	3.2	11:25	0.5	11:57	0.8	6:01	8:00	
13	Sun	5:53	2.9	6:29	3.2			12:03	0.7	6:02	7:58	
14	Mon	6:38	2.8	7:11	3.2	12:54	0.9	12:52	0.8	6:03	7:57	
15	Tue	7:24	2.7	7:56	3.2	1:57	1.0	1:54	0.9	6:04	7:55	
16	Wed	8:16	2.6	8:48	3.2	2:58	0.9	2:56	0.9	6:05	7:54	
17	Thu	9:17	2.7	9:45	3.3	3:53	0.8	3:52	0.8	6:06	7:53	
18	Fri	10:19	2.8	10:41	3.5	4:43	0.6	4:44	0.6	6:07	7:51	
19	Sat	11:12	3.0	11:29	3.7	5:31	0.3	5:35	0.4	6:08	7:50	
20	Sun	11:57	3.3			6:18	0.1	6:25	0.2	6:09	7:48	
21	Mon	12:14	3.9	12:40	3.5	7:04	-0.1	7:16	0.0	6:10	7:47	
22	Tue	12:57	4.0	1:24	3.7	7:50	-0.3	8:06	-0.1	6:11	7:45	
23	Wed	1:43	4.1	2:10	3.9	8:35	-0.4	8:56	-0.2	6:12	7:44	
24	Thu	2:31	4.0	3:00	3.9	9:19	-0.4	9:45	-0.2	6:13	7:42	
25	Fri	3:24	3.9	3:55	3.9	10:04	-0.4	10:37	-0.1	6:14	7:40	
26	Sat	4:21	3.7	4:54	3.9	10:52	-0.2	11:33	0.1	6:15	7:39	
27	Sun	5:22	3.5	5:54	3.8	11:45	0.0			6:16	7:37	
28	Mon	6:23	3.4	6:53	3.8	12:38	0.3	12:47	0.2	6:17	7:36	
29	Tue	7:23	3.3	7:52	3.7	1:46	0.4	1:54	0.3	6:18	7:34	
30	Wed	8:25	3.2	8:54	3.6	2:52	0.4	2:59	0.4	6:19	7:32	
31	Thu	9:30	3.2	9:58	3.6	3:53	0.3	3:59	0.4	6:20	7:31	