US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:24	3.7	1:54	3.0	8:12	0.1	8:13	0.4	5:25	8:34	
2	Wed	2:01	3.6	2:35	3.0	8:51	0.1	8:52	0.4	5:26	8:34	
3	Thu	2:37	3.5	3:16	3.0	9:28	0.1	9:30	0.5	5:26	8:33	
4	Fri	3:13	3.4	3:58	2.9	10:04	0.1	10:05	0.6	5:27	8:33	
5	Sat	3:49	3.3	4:38	2.9	10:38	0.2	10:40	0.7	5:27	8:33	
6	Sun	4:27	3.2	5:18	3.0	11:12	0.3	11:20	0.8	5:28	8:32	
7	Mon	5:10	3.1	5:57	3.1	11:50	0.3			5:29	8:32	
8	Tue	5:58	3.1	6:39	3.2	12:13	0.8	12:37	0.4	5:29	8:32	
9	Wed	6:50	3.0	7:26	3.3	1:25	0.8	1:35	0.4	5:30	8:31	
10	Thu	7:46	3.0	8:21	3.5	2:37	0.7	2:37	0.3	5:31	8:31	
11	Fri	8:50	3.0	9:24	3.7	3:41	0.5	3:39	0.2	5:31	8:30	
12	Sat	10:01	3.1	10:29	3.9	4:40	0.2	4:37	0.1	5:32	8:30	
13	Sun	11:07	3.3	11:28	4.1	5:36	0.0	5:34	-0.1	5:33	8:29	
14	Mon			12:05	3.4	6:30	-0.2	6:31	-0.2	5:34	8:29	
15	Tue	12:23	4.2	1:00	3.6	7:24	-0.4	7:28	-0.3	5:35	8:28	
16	Wed	1:16	4.3	1:55	3.7	8:17	-0.6	8:23	-0.3	5:35	8:27	
17	Thu	2:10	4.3	2:51	3.7	9:07	-0.6	9:16	-0.3	5:36	8:27	
18	Fri	3:05	4.1	3:49	3.7	9:56	-0.6	10:08	-0.2	5:37	8:26	
19	Sat	4:02	3.9	4:47	3.7	10:45	-0.4	11:01	0.0	5:38	8:25	
20	Sun	5:00	3.7	5:43	3.6	11:35	-0.2	11:58	0.3	5:39	8:25	
21	Mon	5:55	3.5	6:35	3.6			12:29	0.0	5:40	8:24	
22	Tue	6:48	3.3	7:26	3.5	12:59	0.5	1:25	0.2	5:41	8:23	
23	Wed	7:40	3.1	8:16	3.4	2:02	0.6	2:21	0.4	5:42	8:22	
24	Thu	8:34	2.9	9:09	3.4	3:02	0.6	3:14	0.5	5:43	8:21	
25	Fri	9:32	2.8	10:03	3.4	3:57	0.6	4:04	0.5	5:44	8:20	
26	Sat	10:30	2.8	10:54	3.5	4:47	0.5	4:51	0.5	5:44	8:19	
27	Sun	11:21	2.9	11:40	3.5	5:34	0.4	5:37	0.5	5:45	8:18	
28	Mon			12:07	3.0	6:18	0.3	6:21	0.5	5:46	8:17	
29	Tue	12:21	3.6	12:48	3.1	7:01	0.2	7:05	0.4	5:47	8:16	
30	Wed	1:00	3.6	1:28	3.1	7:43	0.2	7:48	0.4	5:48	8:15	
31	Thu	1:36	3.6	2:06	3.1	8:23	0.1	8:29	0.4	5:49	8:14	