US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:11	3.6	2:42	3.1	9:00	0.1	9:07	0.4	5:50	8:13	
2	Sat	2:44	3.5	3:17	3.2	9:35	0.1	9:44	0.5	5:51	8:12	
3	Sun	3:18	3.4	3:52	3.2	10:08	0.1	10:20	0.5	5:52	8:11	
4	Mon	3:55	3.3	4:31	3.2	10:40	0.2	10:59	0.6	5:53	8:09	
5	Tue	4:40	3.2	5:15	3.3	11:16	0.3	11:48	0.7	5:54	8:08	
6	Wed	5:31	3.2	6:04	3.4	11:59	0.3			5:55	8:07	
7	Thu	6:27	3.1	6:57	3.5	12:57	0.7	12:58	0.4	5:56	8:06	
8	Fri	7:26	3.1	7:55	3.6	2:12	0.7	2:09	0.4	5:57	8:04	
9	Sat	8:32	3.1	9:02	3.7	3:20	0.5	3:18	0.3	5:58	8:03	
10	Sun	9:44	3.1	10:12	3.9	4:21	0.3	4:21	0.2	5:59	8:02	
11	Mon	10:52	3.3	11:15	4.0	5:17	0.0	5:20	0.0	6:00	8:00	
12	Tue	11:51	3.6			6:12	-0.2	6:17	-0.2	6:01	7:59	
13	Wed	12:10	4.2	12:45	3.8	7:04	-0.4	7:13	-0.3	6:02	7:58	
14	Thu	1:02	4.3	1:37	3.9	7:56	-0.5	8:07	-0.3	6:04	7:56	
15	Fri	1:54	4.2	2:30	3.9	8:45	-0.5	8:59	-0.3	6:05	7:55	
16	Sat	2:45	4.1	3:23	3.9	9:31	-0.5	9:48	-0.1	6:06	7:53	
17	Sun	3:38	3.9	4:16	3.8	10:17	-0.3	10:37	0.1	6:07	7:52	
18	Mon	4:32	3.6	5:10	3.7	11:03	-0.1	11:29	0.3	6:08	7:50	
19	Tue	5:27	3.4	6:02	3.6	11:52	0.2			6:09	7:49	
20	Wed	6:20	3.2	6:52	3.5	12:26	0.5	12:45	0.5	6:10	7:47	
21	Thu	7:11	3.0	7:41	3.4	1:27	0.7	1:42	0.7	6:11	7:46	
22	Fri	8:03	2.9	8:32	3.3	2:28	0.8	2:39	0.8	6:12	7:44	
23	Sat	9:00	2.8	9:28	3.3	3:25	0.7	3:33	0.8	6:13	7:43	
24	Sun	9:59	2.8	10:23	3.3	4:16	0.7	4:23	0.7	6:14	7:41	
25	Mon	10:53	2.9	11:12	3.4	5:03	0.6	5:10	0.7	6:15	7:40	
26	Tue	11:40	3.0	11:55	3.6	5:47	0.4	5:55	0.6	6:16	7:38	
27	Wed			12:21	3.2	6:30	0.3	6:38	0.5	6:17	7:36	
28	Thu	12:34	3.6	12:59	3.3	7:11	0.2	7:22	0.4	6:18	7:35	
29	Fri	1:09	3.7	1:33	3.4	7:50	0.1	8:03	0.3	6:19	7:33	
30	Sat	1:43	3.7	2:06	3.4	8:28	0.1	8:44	0.3	6:20	7:31	
31	Sun	2:16	3.6	2:37	3.5	9:04	0.1	9:22	0.3	6:21	7:30	