US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:41	2.8	10:07	3.5	4:22	0.6	4:16	0.3	5:25	8:34	
2	Thu	10:42	3.0	10:59	3.7	5:13	0.3	5:06	0.2	5:25	8:34	
3	Fri	11:36	3.1	11:49	4.0	6:04	0.1	5:58	0.1	5:26	8:33	
4	Sat			12:26	3.3	6:56	-0.1	6:51	-0.1	5:27	8:33	
5	Sun	12:37	4.1	1:17	3.4	7:47	-0.3	7:45	-0.2	5:27	8:33	
6	Mon	1:27	4.2	2:10	3.5	8:37	-0.4	8:38	-0.2	5:28	8:33	
7	Tue	2:19	4.2	3:06	3.6	9:26	-0.5	9:30	-0.2	5:28	8:32	
8	Wed	3:16	4.1	4:06	3.6	10:14	-0.5	10:23	-0.1	5:29	8:32	
9	Thu	4:16	3.9	5:06	3.6	11:05	-0.4	11:20	0.0	5:30	8:31	
10	Fri	5:17	3.7	6:04	3.7	11:59	-0.3			5:31	8:31	
11	Sat	6:16	3.6	6:59	3.7	12:22	0.2	12:57	-0.1	5:31	8:31	
12	Sun	7:12	3.4	7:53	3.6	1:28	0.3	1:56	0.0	5:32	8:30	
13	Mon	8:08	3.2	8:48	3.6	2:33	0.4	2:54	0.1	5:33	8:29	
14	Tue	9:08	3.0	9:45	3.6	3:34	0.4	3:48	0.2	5:34	8:29	
15	Wed	10:10	3.0	10:40	3.6	4:30	0.3	4:40	0.2	5:34	8:28	
16	Thu	11:07	3.0	11:30	3.7	5:22	0.2	5:28	0.3	5:35	8:28	
17	Fri	11:56	3.0			6:10	0.2	6:15	0.3	5:36	8:27	
18	Sat	12:14	3.7	12:41	3.1	6:56	0.1	7:00	0.3	5:37	8:26	
19	Sun	12:56	3.7	1:24	3.1	7:41	0.1	7:45	0.4	5:38	8:26	
20	Mon	1:35	3.7	2:06	3.1	8:22	0.1	8:27	0.4	5:39	8:25	
21	Tue	2:15	3.6	2:48	3.1	9:01	0.1	9:07	0.4	5:40	8:24	
22	Wed	2:54	3.5	3:31	3.1	9:38	0.1	9:44	0.5	5:41	8:23	
23	Thu	3:33	3.4	4:13	3.0	10:13	0.2	10:21	0.6	5:41	8:22	
24	Fri	4:12	3.2	4:55	3.0	10:46	0.3	10:57	0.8	5:42	8:21	
25	Sat	4:52	3.1	5:34	3.0	11:19	0.4	11:38	0.9	5:43	8:20	
26	Sun	5:33	3.0	6:10	3.1	11:54	0.5			5:44	8:19	
27	Mon	6:15	2.9	6:48	3.1	12:33	0.9	12:38	0.6	5:45	8:18	
28	Tue	7:02	2.9	7:31	3.3	1:43	0.9	1:36	0.6	5:46	8:17	
29	Wed	7:56	2.8	8:23	3.4	2:50	0.8	2:40	0.5	5:47	8:16	
30	Thu	9:00	2.9	9:26	3.6	3:51	0.6	3:41	0.4	5:48	8:15	
31	Fri	10:10	3.0	10:30	3.8	4:46	0.4	4:39	0.3	5:49	8:14	