US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**11:12**	3.2	**11:28**	4.0	**5:40**	0.1	**5:36**	0.1	5:50	8:13	
2	Sun			**12:07**	3.4	**6:33**	-0.1	**6:32**	-0.1	5:51	8:12	
3	Mon	**12:22**	4.2	**12:59**	3.6	**7:25**	-0.3	**7:28**	-0.2	5:52	8:11	
4	Tue	**1:13**	4.3	**1:52**	3.8	**8:15**	-0.5	**8:23**	-0.3	5:53	8:10	
5	Wed	**2:06**	4.3	**2:47**	3.8	**9:04**	-0.6	**9:16**	-0.3	5:54	8:08	
6	Thu	**3:01**	4.2	**3:44**	3.9	**9:52**	-0.6	**10:08**	-0.2	5:55	8:07	
7	Fri	**3:59**	4.0	**4:42**	3.9	**10:41**	-0.4	**11:02**	0.0	5:56	8:06	
8	Sat	**4:57**	3.8	**5:39**	3.8	**11:32**	-0.2			5:57	8:05	
9	Sun	**5:55**	3.5	**6:34**	3.7	**12:00**	0.2	**12:27**	0.0	5:58	8:03	
10	Mon	**6:51**	3.3	**7:27**	3.7	**1:04**	0.4	**1:26**	0.2	5:59	8:02	
11	Tue	**7:47**	3.1	**8:21**	3.6	**2:09**	0.5	**2:26**	0.4	6:00	8:01	
12	Wed	**8:45**	3.0	**9:18**	3.5	**3:11**	0.5	**3:23**	0.5	6:01	7:59	
13	Thu	**9:46**	2.9	**10:15**	3.5	**4:07**	0.5	**4:16**	0.5	6:02	7:58	
14	Fri	**10:44**	2.9	**11:07**	3.6	**4:58**	0.4	**5:05**	0.5	6:03	7:57	
15	Sat	**11:35**	3.0	**11:52**	3.6	**5:45**	0.3	**5:52**	0.5	6:04	7:55	
16	Sun			**12:19**	3.1	**6:30**	0.3	**6:37**	0.4	6:05	7:54	
17	Mon	**12:34**	3.7	**1:00**	3.2	**7:12**	0.2	**7:20**	0.4	6:06	7:52	
18	Tue	**1:12**	3.7	**1:39**	3.3	**7:53**	0.2	**8:02**	0.4	6:07	7:51	
19	Wed	**1:49**	3.6	**2:17**	3.3	**8:31**	0.1	**8:42**	0.4	6:08	7:49	
20	Thu	**2:25**	3.6	**2:53**	3.3	**9:07**	0.1	**9:20**	0.5	6:09	7:48	
21	Fri	**3:00**	3.4	**3:28**	3.2	**9:40**	0.2	**9:55**	0.5	6:10	7:46	
22	Sat	**3:34**	3.3	**4:01**	3.2	**10:10**	0.3	**10:30**	0.6	6:11	7:45	
23	Sun	**4:09**	3.2	**4:34**	3.2	**10:40**	0.4	**11:06**	0.7	6:13	7:43	
24	Mon	**4:50**	3.1	**5:14**	3.3	**11:11**	0.5	**11:53**	0.8	6:14	7:42	
25	Tue	**5:38**	3.0	**6:00**	3.3	**11:51**	0.6			6:15	7:40	
26	Wed	**6:31**	2.9	**6:52**	3.4	**1:02**	0.9	**12:49**	0.6	6:16	7:38	
27	Thu	**7:29**	2.9	**7:50**	3.5	**2:18**	0.8	**2:05**	0.6	6:17	7:37	
28	Fri	**8:36**	3.0	**8:58**	3.6	**3:24**	0.6	**3:18**	0.5	6:18	7:35	
29	Sat	**9:48**	3.1	**10:09**	3.8	**4:23**	0.4	**4:21**	0.3	6:19	7:34	
30	Sun	**10:53**	3.4	**11:12**	4.0	**5:17**	0.1	**5:20**	0.1	6:20	7:32	
31	Mon	**11:50**	3.6			**6:10**	-0.1	**6:17**	-0.1	6:21	7:30	