US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:18	3.5	7:08	3.5	12:32	0.3	1:11	0.0	5:25	8:34	
2	Fri	7:16	3.4	8:03	3.6	1:42	0.4	2:12	0.0	5:25	8:34	
3	Sat	8:16	3.2	9:02	3.7	2:49	0.3	3:10	0.0	5:26	8:33	
4	Sun	9:20	3.2	10:02	3.8	3:51	0.2	4:06	0.0	5:26	8:33	
5	Mon	10:26	3.1	10:59	3.9	4:48	0.1	4:59	0.0	5:27	8:33	
6	Tue	11:25	3.2	11:50	4.0	5:42	0.0	5:51	0.0	5:28	8:33	
7	Wed			12:18	3.2	6:34	-0.1	6:41	0.0	5:28	8:32	
8	Thu	12:37	4.0	1:07	3.3	7:25	-0.2	7:31	0.1	5:29	8:32	
9	Fri	1:23	3.9	1:55	3.2	8:12	-0.2	8:18	0.2	5:30	8:32	
10	Sat	2:07	3.8	2:42	3.2	8:57	-0.2	9:03	0.3	5:30	8:31	
11	Sun	2:52	3.7	3:31	3.1	9:39	-0.1	9:46	0.4	5:31	8:31	
12	Mon	3:39	3.5	4:20	3.1	10:19	0.0	10:27	0.5	5:32	8:30	
13	Tue	4:26	3.4	5:08	3.0	10:58	0.2	11:10	0.7	5:33	8:30	
14	Wed	5:13	3.2	5:54	3.0	11:38	0.4	11:58	0.9	5:33	8:29	
15	Thu	5:59	3.1	6:38	3.0			12:20	0.5	5:34	8:28	
16	Fri	6:43	2.9	7:19	3.0	12:55	1.0	1:07	0.6	5:35	8:28	
17	Sat	7:27	2.8	8:00	3.1	1:56	1.0	1:58	0.7	5:36	8:27	
18	Sun	8:15	2.7	8:45	3.1	2:55	0.9	2:50	0.7	5:37	8:26	
19	Mon	9:10	2.7	9:35	3.3	3:50	0.8	3:40	0.6	5:38	8:26	
20	Tue	10:10	2.7	10:27	3.4	4:40	0.6	4:29	0.5	5:38	8:25	
21	Wed	11:05	2.9	11:15	3.6	5:29	0.4	5:18	0.4	5:39	8:24	
22	Thu	11:53	3.0	11:59	3.8	6:17	0.2	6:07	0.3	5:40	8:23	
23	Fri			12:38	3.2	7:05	0.0	6:58	0.1	5:41	8:22	
24	Sat	12:43	4.0	1:23	3.3	7:53	-0.1	7:49	0.0	5:42	8:22	
25	Sun	1:28	4.1	2:11	3.4	8:39	-0.3	8:39	-0.1	5:43	8:21	
26	Mon	2:17	4.1	3:03	3.5	9:24	-0.4	9:29	-0.1	5:44	8:20	
27	Tue	3:09	4.0	3:59	3.6	10:10	-0.4	10:20	0.0	5:45	8:19	
28	Wed	4:07	3.8	4:56	3.7	10:57	-0.3	11:15	0.1	5:46	8:18	
29	Thu	5:06	3.7	5:54	3.7	11:49	-0.2			5:47	8:17	
30	Fri	6:05	3.5	6:49	3.7	12:17	0.2	12:46	0.0	5:48	8:16	
31	Sat	7:03	3.3	7:44	3.7	1:24	0.3	1:47	0.1	5:49	8:15	