US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:02	3.2	8:42	3.7	2:31	0.4	2:48	0.2	5:50	8:13	
2	Mon	9:05	3.1	9:43	3.7	3:34	0.3	3:46	0.2	5:51	8:12	
3	Tue	10:11	3.1	10:42	3.7	4:32	0.2	4:41	0.2	5:52	8:11	
4	Wed	11:11	3.1	11:34	3.8	5:25	0.2	5:33	0.2	5:53	8:10	
5	Thu			12:03	3.2	6:15	0.1	6:23	0.3	5:54	8:09	
6	Fri	12:21	3.8	12:49	3.2	7:03	0.0	7:11	0.3	5:55	8:08	
7	Sat	1:04	3.8	1:33	3.3	7:49	0.0	7:57	0.3	5:56	8:06	
8	Sun	1:46	3.8	2:16	3.3	8:31	0.0	8:40	0.3	5:57	8:05	
9	Mon	2:27	3.7	2:58	3.3	9:10	0.0	9:20	0.4	5:58	8:04	
10	Tue	3:08	3.5	3:41	3.2	9:46	0.1	9:59	0.5	5:59	8:02	
11	Wed	3:50	3.4	4:25	3.2	10:21	0.2	10:37	0.6	6:00	8:01	
12	Thu	4:33	3.2	5:08	3.1	10:54	0.4	11:17	0.8	6:01	8:00	
13	Fri	5:17	3.1	5:48	3.1	11:27	0.5			6:02	7:58	
14	Sat	6:00	2.9	6:26	3.1	12:04	0.9	12:03	0.7	6:03	7:57	
15	Sun	6:44	2.8	7:04	3.1	1:04	1.0	12:50	0.8	6:04	7:55	
16	Mon	7:30	2.7	7:47	3.2	2:10	1.0	1:52	0.8	6:05	7:54	
17	Tue	8:24	2.7	8:40	3.3	3:12	0.9	2:56	0.8	6:06	7:53	
18	Wed	9:28	2.8	9:42	3.4	4:07	0.7	3:55	0.6	6:07	7:51	
19	Thu	10:31	2.9	10:43	3.7	4:59	0.5	4:50	0.5	6:08	7:50	
20	Fri	11:25	3.1	11:36	3.9	5:48	0.2	5:44	0.3	6:09	7:48	
21	Sat			12:14	3.4	6:37	0.0	6:37	0.1	6:10	7:47	
22	Sun	12:24	4.1	1:01	3.6	7:26	-0.2	7:31	-0.1	6:11	7:45	
23	Mon	1:12	4.2	1:49	3.8	8:14	-0.4	8:23	-0.2	6:12	7:43	
24	Tue	2:02	4.2	2:40	3.9	9:00	-0.5	9:14	-0.3	6:13	7:42	
25	Wed	2:54	4.1	3:34	4.0	9:46	-0.4	10:06	-0.2	6:14	7:40	
26	Thu	3:50	3.9	4:32	4.0	10:33	-0.3	10:59	0.0	6:15	7:39	
27	Fri	4:50	3.7	5:30	3.9	11:23	-0.1	11:58	0.2	6:16	7:37	
28	Sat	5:50	3.5	6:27	3.8			12:20	0.1	6:17	7:36	
29	Sun	6:49	3.3	7:23	3.7	1:04	0.3	1:23	0.3	6:18	7:34	
30	Mon	7:48	3.2	8:21	3.6	2:11	0.4	2:27	0.4	6:19	7:32	
31	Tue	8:51	3.1	9:22	3.6	3:15	0.4	3:28	0.5	6:20	7:31	