US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:20	3.7	5:04	3.2	10:58	-0.1	11:12	0.5	5:25	8:34	
2	Sun	5:14	3.5	5:57	3.2	11:46	0.1			5:26	8:33	
3	Mon	6:05	3.3	6:45	3.1	12:06	0.7	12:36	0.3	5:26	8:33	
4	Tue	6:54	3.1	7:31	3.1	1:06	0.8	1:28	0.4	5:27	8:33	
5	Wed	7:42	2.9	8:17	3.1	2:06	0.9	2:18	0.5	5:27	8:33	
6	Thu	8:32	2.8	9:06	3.2	3:04	0.8	3:07	0.6	5:28	8:32	
7	Fri	9:26	2.7	9:57	3.2	3:56	0.8	3:53	0.6	5:29	8:32	
8	Sat	10:22	2.7	10:45	3.3	4:45	0.6	4:37	0.5	5:29	8:32	
9	Sun	11:14	2.8	11:29	3.5	5:32	0.5	5:21	0.5	5:30	8:31	
10	Mon			12:00	2.9	6:17	0.4	6:05	0.5	5:31	8:31	
11	Tue	12:07	3.6	12:42	2.9	7:02	0.3	6:49	0.4	5:32	8:30	
12	Wed	12:43	3.6	1:22	3.0	7:45	0.1	7:34	0.4	5:32	8:30	
13	Thu	1:17	3.7	2:02	3.0	8:28	0.0	8:18	0.3	5:33	8:29	
14	Fri	1:53	3.7	2:43	3.1	9:08	0.0	9:01	0.3	5:34	8:29	
15	Sat	2:32	3.7	3:28	3.1	9:48	0.0	9:43	0.3	5:35	8:28	
16	Sun	3:17	3.7	4:16	3.2	10:28	0.0	10:28	0.3	5:36	8:27	
17	Mon	4:08	3.6	5:08	3.3	11:10	0.0	11:19	0.4	5:37	8:27	
18	Tue	5:05	3.5	6:01	3.4	11:58	0.1			5:37	8:26	
19	Wed	6:03	3.4	6:53	3.5	12:22	0.5	12:54	0.1	5:38	8:25	
20	Thu	7:00	3.3	7:48	3.6	1:32	0.5	1:55	0.2	5:39	8:24	
21	Fri	8:01	3.2	8:47	3.7	2:42	0.4	2:56	0.2	5:40	8:24	
22	Sat	9:08	3.1	9:50	3.8	3:46	0.3	3:56	0.1	5:41	8:23	
23	Sun	10:18	3.1	10:52	3.9	4:45	0.1	4:53	0.1	5:42	8:22	
24	Mon	11:21	3.2	11:47	4.0	5:41	0.0	5:48	0.0	5:43	8:21	
25	Tue			12:17	3.3	6:35	-0.2	6:42	0.0	5:44	8:20	
26	Wed	12:38	4.1	1:09	3.4	7:27	-0.2	7:35	0.0	5:45	8:19	
27	Thu	1:26	4.1	1:59	3.4	8:16	-0.3	8:25	0.0	5:46	8:18	
28	Fri	2:14	4.0	2:49	3.4	9:02	-0.3	9:13	0.1	5:47	8:17	
29	Sat	3:03	3.8	3:40	3.3	9:45	-0.2	9:58	0.3	5:48	8:16	
30	Sun	3:51	3.6	4:30	3.3	10:27	0.0	10:43	0.5	5:49	8:15	
31	Mon	4:41	3.4	5:19	3.2	11:08	0.2	11:30	0.6	5:50	8:14	