US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:30	3.2	6:05	3.2	11:50	0.4			5:51	8:13	
2	Wed	6:17	3.1	6:49	3.2	12:23	0.8	12:35	0.6	5:52	8:11	
3	Thu	7:03	2.9	7:32	3.1	1:22	0.9	1:24	0.7	5:53	8:10	
4	Fri	7:51	2.8	8:18	3.1	2:22	1.0	2:17	0.8	5:54	8:09	
5	Sat	8:44	2.7	9:09	3.2	3:19	0.9	3:09	0.8	5:55	8:08	
6	Sun	9:43	2.7	10:03	3.3	4:11	0.8	4:00	0.7	5:56	8:07	
7	Mon	10:41	2.7	10:53	3.4	5:00	0.6	4:48	0.7	5:57	8:05	
8	Tue	11:30	2.9	11:37	3.6	5:46	0.5	5:35	0.6	5:58	8:04	
9	Wed			12:14	3.0	6:31	0.3	6:22	0.4	5:59	8:03	
10	Thu	12:17	3.7	12:54	3.2	7:16	0.1	7:10	0.3	6:00	8:01	
11	Fri	12:55	3.8	1:34	3.3	7:59	0.0	7:57	0.2	6:01	8:00	
12	Sat	1:34	3.9	2:15	3.4	8:41	-0.1	8:43	0.1	6:02	7:59	
13	Sun	2:16	3.9	2:59	3.5	9:22	-0.2	9:29	0.1	6:03	7:57	
14	Mon	3:03	3.8	3:48	3.6	10:03	-0.2	10:16	0.1	6:04	7:56	
15	Tue	3:54	3.7	4:42	3.7	10:45	-0.1	11:07	0.2	6:05	7:54	
16	Wed	4:51	3.5	5:38	3.7	11:32	0.0			6:06	7:53	
17	Thu	5:51	3.4	6:34	3.7	12:08	0.3	12:28	0.2	6:07	7:51	
18	Fri	6:51	3.2	7:30	3.7	1:17	0.4	1:33	0.3	6:08	7:50	
19	Sat	7:52	3.1	8:31	3.7	2:26	0.4	2:39	0.3	6:09	7:48	
20	Sun	8:59	3.1	9:36	3.7	3:31	0.4	3:42	0.3	6:10	7:47	
21	Mon	10:09	3.1	10:39	3.8	4:31	0.2	4:40	0.3	6:11	7:45	
22	Tue	11:12	3.2	11:35	3.9	5:25	0.1	5:35	0.2	6:12	7:44	
23	Wed			12:05	3.4	6:17	0.0	6:28	0.2	6:13	7:42	
24	Thu	12:24	4.0	12:53	3.5	7:06	-0.1	7:18	0.1	6:14	7:41	
25	Fri	1:09	4.0	1:38	3.5	7:52	-0.1	8:06	0.1	6:15	7:39	
26	Sat	1:53	3.9	2:22	3.5	8:35	-0.1	8:50	0.2	6:16	7:38	
27	Sun	2:36	3.8	3:05	3.5	9:15	0.0	9:33	0.3	6:17	7:36	
28	Mon	3:20	3.6	3:49	3.4	9:52	0.1	10:13	0.4	6:18	7:34	
29	Tue	4:05	3.4	4:33	3.3	10:28	0.3	10:55	0.6	6:19	7:33	
30	Wed	4:51	3.2	5:18	3.3	11:02	0.5	11:40	0.8	6:20	7:31	
31	Thu	5:39	3.0	6:01	3.2	11:37	0.7			6:21	7:29	