US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:48	3.6	1:23	2.9	7:43	0.2	7:31	0.4	5:25	8:34	
2	Mon	1:24	3.6	2:04	2.9	8:25	0.2	8:13	0.5	5:26	8:34	
3	Tue	1:58	3.5	2:46	2.9	9:04	0.1	8:52	0.5	5:26	8:33	
4	Wed	2:31	3.5	3:28	2.9	9:41	0.2	9:29	0.5	5:27	8:33	
5	Thu	3:04	3.4	4:11	2.9	10:17	0.2	10:05	0.6	5:27	8:33	
6	Fri	3:41	3.3	4:54	2.9	10:53	0.3	10:43	0.7	5:28	8:32	
7	Sat	4:25	3.3	5:37	3.0	11:30	0.3	11:29	0.7	5:29	8:32	
8	Sun	5:15	3.2	6:20	3.1			12:13	0.3	5:29	8:32	
9	Mon	6:08	3.2	7:05	3.3	12:30	0.7	1:05	0.4	5:30	8:31	
10	Tue	7:04	3.1	7:55	3.5	1:44	0.7	2:04	0.3	5:31	8:31	
11	Wed	8:03	3.0	8:53	3.6	2:55	0.6	3:05	0.3	5:31	8:30	
12	Thu	9:11	3.0	9:56	3.8	3:59	0.4	4:03	0.2	5:32	8:30	
13	Fri	10:23	3.1	10:58	4.0	4:58	0.1	5:01	0.0	5:33	8:29	
14	Sat	11:28	3.2	11:54	4.2	5:55	-0.1	5:58	-0.1	5:34	8:29	
15	Sun			12:26	3.4	6:50	-0.3	6:55	-0.1	5:35	8:28	
16	Mon	12:48	4.3	1:21	3.5	7:45	-0.4	7:51	-0.2	5:35	8:27	
17	Tue	1:41	4.3	2:17	3.5	8:36	-0.5	8:45	-0.2	5:36	8:27	
18	Wed	2:35	4.2	3:14	3.5	9:26	-0.5	9:37	-0.1	5:37	8:26	
19	Thu	3:30	4.0	4:12	3.5	10:14	-0.4	10:28	0.1	5:38	8:25	
20	Fri	4:26	3.8	5:08	3.5	11:01	-0.2	11:21	0.3	5:39	8:25	
21	Sat	5:22	3.6	6:01	3.4	11:51	0.0			5:40	8:24	
22	Sun	6:14	3.4	6:51	3.4	12:19	0.5	12:42	0.2	5:41	8:23	
23	Mon	7:04	3.1	7:38	3.3	1:21	0.7	1:35	0.4	5:42	8:22	
24	Tue	7:54	2.9	8:26	3.3	2:22	0.7	2:28	0.5	5:43	8:21	
25	Wed	8:47	2.8	9:18	3.3	3:20	0.7	3:18	0.6	5:44	8:20	
26	Thu	9:45	2.7	10:11	3.3	4:13	0.7	4:06	0.6	5:45	8:19	
27	Fri	10:41	2.7	11:01	3.4	5:02	0.6	4:52	0.6	5:45	8:18	
28	Sat	11:32	2.8	11:45	3.5	5:48	0.5	5:37	0.6	5:46	8:17	
29	Sun			12:17	2.9	6:32	0.4	6:21	0.5	5:47	8:16	
30	Mon	12:25	3.6	12:58	3.0	7:16	0.3	7:06	0.5	5:48	8:15	
31	Tue	1:01	3.6	1:38	3.1	7:57	0.2	7:49	0.5	5:49	8:14	