US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:35	3.6	2:17	3.1	8:37	0.1	8:30	0.4	5:50	8:13	
2	Thu	2:08	3.6	2:55	3.1	9:14	0.1	9:10	0.4	5:51	8:12	
3	Fri	2:41	3.6	3:33	3.1	9:49	0.1	9:48	0.4	5:52	8:11	
4	Sat	3:19	3.5	4:13	3.2	10:23	0.1	10:28	0.5	5:53	8:09	
5	Sun	4:02	3.4	4:58	3.3	10:58	0.2	11:13	0.5	5:54	8:08	
6	Mon	4:52	3.3	5:45	3.4	11:38	0.3			5:55	8:07	
7	Tue	5:48	3.2	6:36	3.5	12:11	0.6	12:28	0.3	5:56	8:06	
8	Wed	6:45	3.1	7:30	3.6	1:23	0.6	1:32	0.4	5:57	8:04	
9	Thu	7:47	3.0	8:30	3.7	2:36	0.6	2:41	0.4	5:58	8:03	
10	Fri	8:57	3.0	9:38	3.8	3:42	0.4	3:46	0.3	5:59	8:02	
11	Sat	10:12	3.1	10:45	4.0	4:42	0.2	4:47	0.2	6:00	8:00	
12	Sun	11:18	3.3	11:43	4.1	5:39	0.0	5:46	0.1	6:02	7:59	
13	Mon			12:15	3.4	6:33	-0.2	6:42	0.0	6:03	7:58	
14	Tue	12:37	4.2	1:08	3.6	7:26	-0.3	7:37	-0.1	6:04	7:56	
15	Wed	1:27	4.2	1:59	3.7	8:15	-0.4	8:29	-0.1	6:05	7:55	
16	Thu	2:17	4.1	2:51	3.7	9:02	-0.4	9:19	0.0	6:06	7:53	
17	Fri	3:07	3.9	3:42	3.6	9:47	-0.3	10:06	0.1	6:07	7:52	
18	Sat	3:58	3.7	4:33	3.6	10:29	-0.1	10:54	0.3	6:08	7:50	
19	Sun	4:50	3.5	5:24	3.5	11:12	0.1	11:45	0.5	6:09	7:49	
20	Mon	5:42	3.3	6:12	3.4	11:57	0.4			6:10	7:47	
21	Tue	6:32	3.1	6:58	3.3	12:42	0.7	12:47	0.6	6:11	7:46	
22	Wed	7:21	2.9	7:45	3.2	1:44	0.9	1:41	0.8	6:12	7:44	
23	Thu	8:13	2.7	8:36	3.2	2:44	0.9	2:37	0.9	6:13	7:43	
24	Fri	9:11	2.7	9:32	3.2	3:40	0.8	3:31	0.9	6:14	7:41	
25	Sat	10:10	2.7	10:28	3.3	4:31	0.7	4:22	0.8	6:15	7:40	
26	Sun	11:04	2.8	11:17	3.4	5:17	0.6	5:09	0.7	6:16	7:38	
27	Mon	11:50	3.0	11:58	3.5	6:01	0.5	5:55	0.6	6:17	7:36	
28	Tue			12:31	3.1	6:44	0.3	6:40	0.5	6:18	7:35	
29	Wed	12:35	3.6	1:08	3.3	7:25	0.2	7:24	0.4	6:19	7:33	
30	Thu	1:09	3.7	1:44	3.4	8:05	0.1	8:07	0.3	6:20	7:31	
31	Fri	1:43	3.7	2:19	3.5	8:42	0.0	8:49	0.2	6:21	7:30	