US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:24	2.9	10:55	3.9	5:00	0.3	4:57	0.3	5:50	8:13	
2	Fri	11:28	3.1	11:52	4.1	5:56	0.0	5:56	0.1	5:51	8:12	
3	Sat			12:25	3.3	6:50	-0.2	6:54	-0.1	5:52	8:11	
4	Sun	12:46	4.3	1:19	3.5	7:43	-0.4	7:51	-0.2	5:53	8:10	
5	Mon	1:39	4.3	2:14	3.6	8:34	-0.5	8:46	-0.2	5:54	8:08	
6	Tue	2:33	4.2	3:10	3.7	9:22	-0.5	9:38	-0.2	5:55	8:07	
7	Wed	3:28	4.1	4:07	3.7	10:10	-0.5	10:30	0.0	5:56	8:06	
8	Thu	4:25	3.9	5:04	3.7	10:57	-0.3	11:25	0.2	5:57	8:05	
9	Fri	5:21	3.6	5:58	3.7	11:47	-0.1			5:58	8:03	
10	Sat	6:16	3.4	6:50	3.6	12:24	0.4	12:40	0.2	5:59	8:02	
11	Sun	7:09	3.2	7:40	3.5	1:29	0.6	1:37	0.4	6:00	8:01	
12	Mon	8:03	3.0	8:32	3.4	2:32	0.6	2:34	0.6	6:01	7:59	
13	Tue	9:01	2.8	9:28	3.3	3:32	0.6	3:28	0.7	6:02	7:58	
14	Wed	10:01	2.8	10:25	3.4	4:26	0.6	4:20	0.7	6:03	7:56	
15	Thu	10:58	2.8	11:16	3.4	5:15	0.5	5:08	0.7	6:04	7:55	
16	Fri	11:47	2.9			6:01	0.4	5:54	0.6	6:05	7:54	
17	Sat	12:00	3.5	12:30	3.1	6:45	0.4	6:38	0.6	6:06	7:52	
18	Sun	12:39	3.6	1:10	3.1	7:26	0.3	7:22	0.5	6:07	7:51	
19	Mon	1:16	3.6	1:49	3.2	8:06	0.2	8:04	0.5	6:08	7:49	
20	Tue	1:50	3.6	2:27	3.2	8:42	0.2	8:43	0.5	6:09	7:48	
21	Wed	2:22	3.5	3:02	3.2	9:17	0.2	9:20	0.5	6:11	7:46	
22	Thu	2:52	3.4	3:37	3.2	9:48	0.2	9:55	0.5	6:12	7:45	
23	Fri	3:24	3.3	4:10	3.3	10:17	0.3	10:31	0.6	6:13	7:43	
24	Sat	4:01	3.2	4:48	3.3	10:45	0.4	11:12	0.7	6:14	7:41	
25	Sun	4:46	3.1	5:31	3.4	11:17	0.5			6:15	7:40	
26	Mon	5:40	3.0	6:21	3.4	12:05	0.8	12:01	0.6	6:16	7:38	
27	Tue	6:38	2.9	7:16	3.5	1:19	0.8	1:06	0.7	6:17	7:37	
28	Wed	7:41	2.9	8:19	3.6	2:36	0.7	2:28	0.7	6:18	7:35	
29	Thu	8:54	2.9	9:31	3.7	3:42	0.5	3:42	0.5	6:19	7:33	
30	Fri	10:11	3.0	10:41	3.9	4:42	0.3	4:45	0.3	6:20	7:32	
31	Sat	11:17	3.3	11:40	4.1	5:37	0.1	5:45	0.1	6:21	7:30	