US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:53	3.6	6:37	3.4			12:34	-0.1	5:25	8:34	
2	Wed	6:50	3.4	7:31	3.5	1:05	0.4	1:32	0.0	5:25	8:34	
3	Thu	7:46	3.3	8:26	3.6	2:14	0.4	2:30	0.0	5:26	8:33	
4	Fri	8:45	3.1	9:24	3.6	3:18	0.4	3:26	0.1	5:26	8:33	
5	Sat	9:48	3.0	10:22	3.7	4:17	0.3	4:19	0.1	5:27	8:33	
6	Sun	10:49	3.0	11:15	3.8	5:12	0.2	5:10	0.2	5:28	8:33	
7	Mon	11:44	3.0			6:04	0.1	6:00	0.2	5:28	8:32	
8	Tue	12:03	3.8	12:34	3.1	6:55	0.0	6:48	0.3	5:29	8:32	
9	Wed	12:47	3.8	1:21	3.1	7:43	0.0	7:36	0.3	5:30	8:32	
10	Thu	1:30	3.7	2:08	3.1	8:28	0.0	8:22	0.4	5:30	8:31	
11	Fri	2:12	3.6	2:54	3.0	9:10	0.0	9:04	0.5	5:31	8:31	
12	Sat	2:55	3.5	3:42	3.0	9:50	0.1	9:44	0.5	5:32	8:30	
13	Sun	3:38	3.4	4:29	3.0	10:27	0.2	10:23	0.7	5:33	8:30	
14	Mon	4:22	3.2	5:16	3.0	11:04	0.3	11:03	0.8	5:33	8:29	
15	Tue	5:06	3.1	6:00	3.0	11:41	0.5	11:49	0.9	5:34	8:28	
16	Wed	5:48	2.9	6:40	3.0			12:20	0.6	5:35	8:28	
17	Thu	6:28	2.8	7:18	3.1	12:44	1.0	1:04	0.7	5:36	8:27	
18	Fri	7:09	2.7	7:57	3.1	1:48	1.0	1:53	0.7	5:37	8:26	
19	Sat	7:56	2.6	8:42	3.2	2:51	0.9	2:46	0.7	5:38	8:26	
20	Sun	8:54	2.6	9:35	3.4	3:48	0.8	3:39	0.7	5:39	8:25	
21	Mon	10:02	2.6	10:31	3.6	4:42	0.6	4:31	0.6	5:39	8:24	
22	Tue	11:04	2.8	11:23	3.8	5:33	0.4	5:24	0.4	5:40	8:23	
23	Wed	11:56	2.9			6:25	0.2	6:17	0.3	5:41	8:22	
24	Thu	12:12	4.0	12:46	3.1	7:15	0.0	7:12	0.1	5:42	8:22	
25	Fri	1:01	4.1	1:35	3.3	8:05	-0.2	8:06	0.0	5:43	8:21	
26	Sat	1:51	4.2	2:28	3.4	8:53	-0.4	8:59	-0.1	5:44	8:20	
27	Sun	2:44	4.1	3:23	3.5	9:39	-0.4	9:50	-0.1	5:45	8:19	
28	Mon	3:40	4.0	4:21	3.6	10:25	-0.4	10:43	0.0	5:46	8:18	
29	Tue	4:37	3.8	5:19	3.7	11:13	-0.3	11:41	0.2	5:47	8:17	
30	Wed	5:35	3.6	6:15	3.7			12:05	-0.1	5:48	8:16	
31	Thu	6:32	3.4	7:08	3.7	12:46	0.3	1:02	0.1	5:49	8:15	