US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:35	3.6	4:23	3.1	10:25	-0.1	10:25	0.5	5:25	8:34	
2	Fri	4:27	3.4	5:16	3.1	11:09	0.1	11:12	0.6	5:26	8:33	
3	Sat	5:18	3.3	6:04	3.1	11:54	0.3			5:26	8:33	
4	Sun	6:06	3.1	6:50	3.1	12:04	0.8	12:41	0.4	5:27	8:33	
5	Mon	6:51	2.9	7:33	3.1	1:02	0.9	1:30	0.6	5:28	8:33	
6	Tue	7:36	2.8	8:18	3.1	2:03	1.0	2:18	0.7	5:28	8:32	
7	Wed	8:24	2.6	9:05	3.2	3:01	0.9	3:05	0.7	5:29	8:32	
8	Thu	9:20	2.6	9:55	3.3	3:54	0.8	3:51	0.7	5:30	8:32	
9	Fri	10:19	2.6	10:44	3.4	4:44	0.7	4:36	0.7	5:30	8:31	
10	Sat	11:12	2.6	11:28	3.5	5:31	0.5	5:21	0.6	5:31	8:31	
11	Sun	11:59	2.7			6:18	0.4	6:07	0.6	5:32	8:30	
12	Mon	12:08	3.6	12:41	2.8	7:04	0.2	6:54	0.5	5:32	8:30	
13	Tue	12:47	3.7	1:21	2.9	7:49	0.1	7:41	0.4	5:33	8:29	
14	Wed	1:26	3.8	2:03	3.0	8:33	0.0	8:28	0.3	5:34	8:29	
15	Thu	2:09	3.8	2:48	3.1	9:15	-0.1	9:13	0.3	5:35	8:28	
16	Fri	2:55	3.8	3:37	3.2	9:56	-0.1	10:00	0.3	5:36	8:27	
17	Sat	3:45	3.7	4:30	3.3	10:38	-0.1	10:49	0.3	5:37	8:27	
18	Sun	4:40	3.6	5:24	3.4	11:22	-0.1	11:46	0.4	5:37	8:26	
19	Mon	5:36	3.5	6:18	3.5			12:12	0.0	5:38	8:25	
20	Tue	6:32	3.3	7:10	3.6	12:53	0.5	1:09	0.1	5:39	8:24	
21	Wed	7:29	3.2	8:05	3.7	2:04	0.5	2:09	0.2	5:40	8:24	
22	Thu	8:30	3.0	9:06	3.7	3:10	0.4	3:10	0.2	5:41	8:23	
23	Fri	9:38	3.0	10:10	3.7	4:12	0.3	4:09	0.2	5:42	8:22	
24	Sat	10:45	3.0	11:11	3.8	5:10	0.2	5:06	0.2	5:43	8:21	
25	Sun	11:45	3.1			6:04	0.1	6:01	0.2	5:44	8:20	
26	Mon	12:04	3.9	12:37	3.2	6:57	0.0	6:54	0.2	5:45	8:19	
27	Tue	12:52	3.9	1:27	3.3	7:46	-0.1	7:45	0.2	5:46	8:18	
28	Wed	1:38	3.8	2:15	3.3	8:33	-0.1	8:33	0.3	5:47	8:17	
29	Thu	2:24	3.7	3:02	3.3	9:15	-0.1	9:17	0.3	5:48	8:16	
30	Fri	3:08	3.6	3:50	3.2	9:55	0.0	9:59	0.5	5:49	8:15	
31	Sat	3:53	3.4	4:37	3.2	10:33	0.2	10:41	0.6	5:50	8:14	