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# Poughkeepsie, NY - Aug 2060

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 4:39 | 3.2 | 5:22 | 3.2 | 11:09 | 0.3 | 11:24 | 0.8 | 5:51 | 8:13 | |
| 2 | Mon | 5:24 | 3.0 | 6:06 | 3.2 | 11:46 | 0.5 | | | 5:52 | 8:11 | |
| 3 | Tue | 6:09 | 2.9 | 6:47 | 3.2 | 12:14 | 0.9 | 12:26 | 0.7 | 5:53 | 8:10 | |
| 4 | Wed | 6:52 | 2.7 | 7:29 | 3.1 | 1:13 | 1.0 | 1:12 | 0.8 | 5:54 | 8:09 | |
| 5 | Thu | 7:38 | 2.6 | 8:13 | 3.1 | 2:16 | 1.0 | 2:07 | 0.9 | 5:55 | 8:08 | |
| 6 | Fri | 8:31 | 2.5 | 9:04 | 3.2 | 3:16 | 1.0 | 3:04 | 0.9 | 5:56 | 8:07 | |
| 7 | Sat | 9:36 | 2.5 | 10:01 | 3.3 | 4:10 | 0.8 | 3:59 | 0.9 | 5:57 | 8:05 | |
| 8 | Sun | 10:39 | 2.6 | 10:55 | 3.5 | 5:01 | 0.7 | 4:51 | 0.8 | 5:58 | 8:04 | |
| 9 | Mon | 11:30 | 2.8 | 11:42 | 3.7 | 5:49 | 0.5 | 5:41 | 0.6 | 5:59 | 8:03 | |
| 10 | Tue | | | 12:15 | 3.0 | 6:35 | 0.3 | 6:30 | 0.4 | 6:00 | 8:01 | |
| 11 | Wed | 12:25 | 3.8 | 12:56 | 3.1 | 7:21 | 0.1 | 7:21 | 0.3 | 6:01 | 8:00 | |
| 12 | Thu | 1:07 | 4.0 | 1:38 | 3.3 | 8:06 | -0.1 | 8:10 | 0.1 | 6:02 | 7:59 | |
| 13 | Fri | 1:51 | 4.0 | 2:23 | 3.5 | 8:49 | -0.2 | 8:58 | 0.0 | 6:03 | 7:57 | |
| 14 | Sat | 2:38 | 4.0 | 3:11 | 3.6 | 9:30 | -0.3 | 9:46 | 0.0 | 6:04 | 7:56 | |
| 15 | Sun | 3:28 | 3.8 | 4:03 | 3.7 | 10:12 | -0.2 | 10:36 | 0.1 | 6:05 | 7:54 | |
| 16 | Mon | 4:22 | 3.7 | 4:58 | 3.8 | 10:56 | -0.1 | 11:32 | 0.3 | 6:06 | 7:53 | |
| 17 | Tue | 5:20 | 3.5 | 5:54 | 3.8 | 11:44 | 0.0 | | | 6:07 | 7:51 | |
| 18 | Wed | 6:18 | 3.3 | 6:50 | 3.7 | 12:36 | 0.4 | 12:42 | 0.2 | 6:08 | 7:50 | |
| 19 | Thu | 7:17 | 3.1 | 7:48 | 3.7 | 1:47 | 0.5 | 1:47 | 0.4 | 6:09 | 7:48 | |
| 20 | Fri | 8:20 | 3.0 | 8:51 | 3.6 | 2:55 | 0.5 | 2:54 | 0.5 | 6:10 | 7:47 | |
| 21 | Sat | 9:29 | 2.9 | 9:58 | 3.6 | 3:58 | 0.4 | 3:57 | 0.5 | 6:11 | 7:45 | |
| 22 | Sun | 10:36 | 3.0 | 11:00 | 3.6 | 4:56 | 0.3 | 4:55 | 0.4 | 6:12 | 7:44 | |
| 23 | Mon | 11:34 | 3.1 | 11:53 | 3.7 | 5:48 | 0.2 | 5:48 | 0.4 | 6:13 | 7:42 | |
| 24 | Tue | | | 12:23 | 3.3 | 6:37 | 0.1 | 6:39 | 0.3 | 6:14 | 7:41 | |
| 25 | Wed | 12:38 | 3.8 | 1:08 | 3.4 | 7:23 | 0.1 | 7:26 | 0.3 | 6:15 | 7:39 | |
| 26 | Thu | 1:20 | 3.8 | 1:50 | 3.4 | 8:06 | 0.0 | 8:11 | 0.3 | 6:16 | 7:37 | |
| 27 | Fri | 1:59 | 3.7 | 2:31 | 3.5 | 8:45 | 0.1 | 8:53 | 0.3 | 6:17 | 7:36 | |
| 28 | Sat | 2:38 | 3.5 | 3:11 | 3.4 | 9:21 | 0.1 | 9:33 | 0.4 | 6:18 | 7:34 | |
| 29 | Sun | 3:17 | 3.4 | 3:52 | 3.4 | 9:54 | 0.3 | 10:10 | 0.5 | 6:19 | 7:33 | |
| 30 | Mon | 3:57 | 3.2 | 4:33 | 3.3 | 10:25 | 0.4 | 10:48 | 0.7 | 6:20 | 7:31 | |
| 31 | Tue | 4:39 | 3.0 | 5:14 | 3.3 | 10:53 | 0.6 | 11:29 | 0.9 | 6:21 | 7:29 | |