US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2061

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:13	3.6	12:43	2.8	7:01	0.3	6:51	0.6	5:25	8:34	
2	Sat	12:51	3.6	1:24	2.8	7:44	0.2	7:35	0.6	5:26	8:34	
3	Sun	1:27	3.6	2:04	2.8	8:26	0.2	8:17	0.6	5:26	8:33	
4	Mon	2:02	3.6	2:44	2.8	9:05	0.1	8:57	0.6	5:27	8:33	
5	Tue	2:38	3.5	3:24	2.8	9:42	0.1	9:35	0.6	5:27	8:33	
6	Wed	3:16	3.5	4:06	2.9	10:18	0.1	10:13	0.6	5:28	8:32	
7	Thu	3:58	3.4	4:50	3.0	10:54	0.2	10:56	0.6	5:29	8:32	
8	Fri	4:46	3.3	5:35	3.1	11:32	0.2	11:48	0.7	5:29	8:32	
9	Sat	5:38	3.2	6:22	3.3			12:17	0.2	5:30	8:31	
10	Sun	6:31	3.1	7:10	3.4	12:56	0.7	1:11	0.3	5:31	8:31	
11	Mon	7:27	3.0	8:04	3.6	2:11	0.6	2:11	0.3	5:32	8:30	
12	Tue	8:29	3.0	9:05	3.7	3:19	0.5	3:13	0.2	5:32	8:30	
13	Wed	9:41	2.9	10:12	3.9	4:22	0.3	4:14	0.2	5:33	8:29	
14	Thu	10:51	3.0	11:15	4.0	5:20	0.1	5:13	0.1	5:34	8:29	
15	Fri	11:52	3.2			6:17	0.0	6:12	0.0	5:35	8:28	
16	Sat	12:11	4.1	12:49	3.3	7:12	-0.2	7:09	0.0	5:36	8:27	
17	Sun	1:05	4.1	1:43	3.4	8:05	-0.3	8:05	0.0	5:36	8:27	
18	Mon	1:57	4.1	2:38	3.4	8:55	-0.4	8:57	0.0	5:37	8:26	
19	Tue	2:49	3.9	3:33	3.4	9:41	-0.3	9:47	0.1	5:38	8:25	
20	Wed	3:42	3.8	4:27	3.4	10:26	-0.2	10:35	0.3	5:39	8:25	
21	Thu	4:35	3.6	5:19	3.4	11:11	0.0	11:26	0.5	5:40	8:24	
22	Fri	5:27	3.3	6:08	3.4	11:57	0.2			5:41	8:23	
23	Sat	6:16	3.1	6:54	3.3	12:21	0.7	12:45	0.4	5:42	8:22	
24	Sun	7:03	2.9	7:38	3.3	1:21	0.8	1:35	0.6	5:43	8:21	
25	Mon	7:51	2.7	8:25	3.3	2:22	0.9	2:26	0.7	5:44	8:20	
26	Tue	8:45	2.6	9:17	3.2	3:20	0.8	3:17	0.8	5:45	8:19	
27	Wed	9:45	2.5	10:11	3.3	4:13	0.8	4:06	0.8	5:46	8:18	
28	Thu	10:44	2.6	11:03	3.4	5:01	0.7	4:54	0.8	5:46	8:17	
29	Fri	11:35	2.7	11:48	3.5	5:48	0.5	5:40	0.7	5:47	8:16	
30	Sat			12:19	2.8	6:33	0.4	6:26	0.6	5:48	8:15	
31	Sun	12:28	3.6	1:00	2.9	7:16	0.3	7:11	0.6	5:49	8:14	