US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2061

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:05	3.7	1:37	3.0	7:58	0.2	7:55	0.5	5:50	8:13	
2	Tue	1:40	3.7	2:14	3.1	8:37	0.1	8:37	0.4	5:51	8:12	
3	Wed	2:16	3.7	2:51	3.2	9:14	0.0	9:18	0.4	5:52	8:11	
4	Thu	2:54	3.6	3:30	3.3	9:50	0.0	9:59	0.4	5:53	8:09	
5	Fri	3:36	3.5	4:13	3.4	10:25	0.0	10:42	0.4	5:54	8:08	
6	Sat	4:24	3.4	5:01	3.5	11:01	0.1	11:34	0.5	5:55	8:07	
7	Sun	5:17	3.3	5:53	3.6	11:44	0.2			5:56	8:06	
8	Mon	6:14	3.1	6:46	3.6	12:39	0.6	12:38	0.3	5:57	8:04	
9	Tue	7:13	3.0	7:44	3.7	1:53	0.6	1:45	0.4	5:58	8:03	
10	Wed	8:18	2.9	8:49	3.7	3:04	0.6	2:56	0.4	5:59	8:02	
11	Thu	9:31	2.9	10:01	3.7	4:08	0.4	4:03	0.3	6:01	8:00	
12	Fri	10:43	3.0	11:07	3.9	5:07	0.2	5:04	0.3	6:02	7:59	
13	Sat	11:44	3.2			6:02	0.1	6:02	0.2	6:03	7:58	
14	Sun	12:03	4.0	12:37	3.4	6:55	-0.1	6:57	0.1	6:04	7:56	
15	Mon	12:54	4.0	1:27	3.5	7:44	-0.2	7:50	0.0	6:05	7:55	
16	Tue	1:41	4.0	2:16	3.6	8:31	-0.3	8:39	0.1	6:06	7:53	
17	Wed	2:28	3.9	3:03	3.6	9:14	-0.2	9:25	0.2	6:07	7:52	
18	Thu	3:14	3.7	3:51	3.6	9:55	-0.1	10:09	0.3	6:08	7:50	
19	Fri	4:01	3.5	4:38	3.5	10:33	0.1	10:54	0.5	6:09	7:49	
20	Sat	4:49	3.2	5:25	3.4	11:12	0.4	11:42	0.7	6:10	7:47	
21	Sun	5:38	3.0	6:10	3.3	11:51	0.6			6:11	7:46	
22	Mon	6:27	2.8	6:55	3.3	12:36	0.9	12:37	0.8	6:12	7:44	
23	Tue	7:16	2.6	7:42	3.2	1:39	1.0	1:33	1.0	6:13	7:43	
24	Wed	8:08	2.5	8:34	3.2	2:41	1.0	2:34	1.1	6:14	7:41	
25	Thu	9:09	2.5	9:33	3.2	3:39	0.9	3:33	1.0	6:15	7:39	
26	Fri	10:13	2.6	10:31	3.3	4:30	0.8	4:26	0.9	6:16	7:38	
27	Sat	11:07	2.7	11:20	3.4	5:17	0.6	5:14	0.8	6:17	7:36	
28	Sun	11:52	2.9			6:01	0.5	6:01	0.6	6:18	7:35	
29	Mon	12:01	3.6	12:30	3.1	6:43	0.3	6:46	0.5	6:19	7:33	
30	Tue	12:38	3.7	1:05	3.3	7:24	0.1	7:31	0.4	6:20	7:31	
31	Wed	1:14	3.8	1:40	3.5	8:04	0.0	8:16	0.2	6:21	7:30	