US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2062

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:46**	2.8	**8:22**	3.4	**2:39**	0.8	**2:31**	0.4	5:25	8:34	
2	Sun	**8:48**	2.8	**9:21**	3.6	**3:43**	0.6	**3:29**	0.4	5:25	8:34	
3	Mon	**9:59**	2.8	**10:24**	3.8	**4:41**	0.4	**4:27**	0.3	5:26	8:33	
4	Tue	**11:05**	2.9	**11:23**	4.0	**5:38**	0.2	**5:25**	0.1	5:27	8:33	
5	Wed			**12:04**	3.1	**6:33**	0.0	**6:23**	0.0	5:27	8:33	
6	Thu	**12:19**	4.1	**12:59**	3.3	**7:28**	-0.2	**7:22**	-0.1	5:28	8:33	
7	Fri	**1:13**	4.2	**1:55**	3.4	**8:21**	-0.4	**8:19**	-0.1	5:29	8:32	
8	Sat	**2:08**	4.2	**2:53**	3.5	**9:11**	-0.5	**9:14**	-0.1	5:29	8:32	
9	Sun	**3:05**	4.1	**3:52**	3.5	**10:00**	-0.5	**10:06**	0.0	5:30	8:31	
10	Mon	**4:03**	3.9	**4:51**	3.5	**10:48**	-0.4	**11:01**	0.1	5:31	8:31	
11	Tue	**5:01**	3.7	**5:47**	3.6	**11:39**	-0.2	**11:59**	0.3	5:31	8:31	
12	Wed	**5:57**	3.5	**6:39**	3.6			**12:31**	0.0	5:32	8:30	
13	Thu	**6:49**	3.2	**7:29**	3.5	**1:02**	0.5	**1:26**	0.2	5:33	8:29	
14	Fri	**7:41**	3.0	**8:18**	3.5	**2:06**	0.6	**2:21**	0.4	5:34	8:29	
15	Sat	**8:35**	2.8	**9:11**	3.4	**3:07**	0.6	**3:14**	0.5	5:34	8:28	
16	Sun	**9:35**	2.7	**10:05**	3.4	**4:04**	0.6	**4:04**	0.6	5:35	8:28	
17	Mon	**10:35**	2.7	**10:57**	3.5	**4:55**	0.5	**4:52**	0.6	5:36	8:27	
18	Tue	**11:28**	2.7	**11:44**	3.5	**5:43**	0.5	**5:38**	0.6	5:37	8:26	
19	Wed			**12:14**	2.8	**6:29**	0.4	**6:23**	0.6	5:38	8:25	
20	Thu	**12:26**	3.6	**12:57**	2.9	**7:13**	0.3	**7:08**	0.6	5:39	8:25	
21	Fri	**1:06**	3.6	**1:38**	2.9	**7:55**	0.2	**7:52**	0.6	5:40	8:24	
22	Sat	**1:43**	3.6	**2:17**	2.9	**8:34**	0.2	**8:33**	0.6	5:41	8:23	
23	Sun	**2:19**	3.5	**2:56**	3.0	**9:11**	0.2	**9:11**	0.6	5:42	8:22	
24	Mon	**2:53**	3.4	**3:34**	3.0	**9:44**	0.2	**9:46**	0.6	5:42	8:21	
25	Tue	**3:27**	3.3	**4:10**	3.0	**10:16**	0.2	**10:21**	0.7	5:43	8:20	
26	Wed	**4:02**	3.2	**4:45**	3.1	**10:45**	0.3	**10:59**	0.7	5:44	8:19	
27	Thu	**4:43**	3.1	**5:23**	3.2	**11:16**	0.3	**11:45**	0.8	5:45	8:18	
28	Fri	**5:30**	3.0	**6:06**	3.3	**11:54**	0.4			5:46	8:17	
29	Sat	**6:21**	2.9	**6:53**	3.4	**12:50**	0.8	**12:43**	0.5	5:47	8:16	
30	Sun	**7:18**	2.8	**7:48**	3.5	**2:08**	0.8	**1:48**	0.5	5:48	8:15	
31	Mon	**8:22**	2.8	**8:52**	3.6	**3:19**	0.7	**3:00**	0.5	5:49	8:14	