US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jul 2063

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:10	3.7	6:00	3.6	11:54	-0.2			5:25	8:34	
2	Mon	6:08	3.5	6:54	3.6	12:15	0.3	12:49	-0.1	5:25	8:34	
3	Tue	7:03	3.3	7:47	3.6	1:23	0.4	1:47	0.1	5:26	8:33	
4	Wed	7:59	3.1	8:41	3.6	2:29	0.4	2:44	0.2	5:26	8:33	
5	Thu	8:59	2.9	9:38	3.6	3:32	0.4	3:39	0.2	5:27	8:33	
6	Fri	10:03	2.8	10:35	3.6	4:29	0.3	4:32	0.3	5:28	8:33	
7	Sat	11:04	2.8	11:27	3.7	5:22	0.3	5:23	0.4	5:28	8:32	
8	Sun	11:57	2.9			6:13	0.2	6:11	0.4	5:29	8:32	
9	Mon	12:13	3.7	12:44	2.9	7:01	0.2	6:59	0.4	5:30	8:32	
10	Tue	12:56	3.7	1:28	3.0	7:47	0.1	7:45	0.5	5:30	8:31	
11	Wed	1:38	3.7	2:12	3.0	8:29	0.1	8:29	0.5	5:31	8:31	
12	Thu	2:19	3.6	2:56	3.0	9:09	0.1	9:10	0.5	5:32	8:30	
13	Fri	2:59	3.5	3:40	3.0	9:45	0.2	9:48	0.6	5:33	8:30	
14	Sat	3:40	3.3	4:24	3.0	10:19	0.2	10:25	0.7	5:33	8:29	
15	Sun	4:21	3.2	5:06	3.0	10:52	0.3	11:03	0.8	5:34	8:28	
16	Mon	5:01	3.0	5:45	3.0	11:23	0.4	11:46	0.9	5:35	8:28	
17	Tue	5:41	2.9	6:20	3.0	11:56	0.5			5:36	8:27	
18	Wed	6:22	2.8	6:55	3.1	12:41	1.0	12:36	0.6	5:37	8:26	
19	Thu	7:06	2.7	7:34	3.2	1:50	1.0	1:27	0.7	5:38	8:26	
20	Fri	7:57	2.6	8:23	3.3	2:56	0.9	2:28	0.7	5:39	8:25	
21	Sat	9:02	2.6	9:24	3.5	3:56	0.7	3:31	0.6	5:39	8:24	
22	Sun	10:14	2.7	10:30	3.7	4:52	0.5	4:31	0.5	5:40	8:23	
23	Mon	11:16	2.9	11:28	3.9	5:45	0.3	5:29	0.3	5:41	8:22	
24	Tue			12:10	3.1	6:37	0.1	6:27	0.1	5:42	8:22	
25	Wed	12:21	4.1	1:01	3.3	7:29	-0.2	7:24	0.0	5:43	8:21	
26	Thu	1:13	4.2	1:53	3.5	8:18	-0.3	8:19	-0.1	5:44	8:20	
27	Fri	2:04	4.2	2:47	3.6	9:05	-0.4	9:12	-0.2	5:45	8:19	
28	Sat	2:58	4.1	3:42	3.7	9:51	-0.5	10:04	-0.1	5:46	8:18	
29	Sun	3:53	3.9	4:39	3.8	10:37	-0.4	10:57	0.0	5:47	8:17	
30	Mon	4:50	3.7	5:34	3.8	11:25	-0.2	11:55	0.2	5:48	8:16	
31	Tue	5:47	3.4	6:28	3.8			12:18	0.0	5:49	8:14	