US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 2064

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:54	3.3	4:29	3.2	10:23	0.2	10:42	0.7	5:51	8:13	
2	Sat	4:37	3.1	5:11	3.2	10:55	0.4	11:24	0.8	5:52	8:11	
3	Sun	5:21	3.0	5:52	3.1	11:26	0.5			5:53	8:10	
4	Mon	6:04	2.8	6:30	3.1	12:12	1.0	11:59 AM	0.7	5:54	8:09	
5	Tue	6:49	2.7	7:09	3.1	1:13	1.0	12:43	0.8	5:55	8:08	
6	Wed	7:36	2.6	7:52	3.1	2:19	1.0	1:44	0.9	5:56	8:06	
7	Thu	8:32	2.5	8:46	3.2	3:20	1.0	2:52	0.9	5:57	8:05	
8	Fri	9:39	2.5	9:50	3.3	4:16	0.8	3:53	0.8	5:58	8:04	
9	Sat	10:42	2.7	10:50	3.5	5:06	0.6	4:49	0.6	5:59	8:03	
10	Sun	11:33	2.9	11:40	3.8	5:54	0.4	5:42	0.4	6:00	8:01	
11	Mon			12:19	3.2	6:42	0.1	6:35	0.2	6:01	8:00	
12	Tue	12:26	3.9	1:03	3.4	7:28	-0.1	7:27	0.0	6:02	7:59	
13	Wed	1:11	4.1	1:48	3.6	8:12	-0.2	8:19	-0.1	6:03	7:57	
14	Thu	1:57	4.0	2:36	3.8	8:56	-0.3	9:09	-0.1	6:04	7:56	
15	Fri	2:46	3.9	3:26	3.9	9:39	-0.4	9:59	-0.1	6:05	7:54	
16	Sat	3:38	3.8	4:21	3.9	10:22	-0.3	10:51	0.0	6:06	7:53	
17	Sun	4:35	3.6	5:17	3.9	11:09	-0.1	11:49	0.2	6:07	7:51	
18	Mon	5:35	3.3	6:14	3.8			12:02	0.1	6:08	7:50	
19	Tue	6:35	3.1	7:11	3.7	12:55	0.4	1:05	0.3	6:09	7:48	
20	Wed	7:36	3.0	8:11	3.6	2:04	0.5	2:13	0.5	6:10	7:47	
21	Thu	8:41	2.9	9:15	3.5	3:11	0.5	3:18	0.6	6:11	7:45	
22	Fri	9:51	2.9	10:19	3.6	4:12	0.5	4:18	0.5	6:12	7:44	
23	Sat	10:54	3.0	11:16	3.6	5:06	0.4	5:13	0.5	6:13	7:42	
24	Sun	11:46	3.1			5:55	0.3	6:03	0.4	6:14	7:41	
25	Mon	12:03	3.7	12:31	3.3	6:41	0.2	6:51	0.4	6:15	7:39	
26	Tue	12:45	3.7	1:12	3.4	7:23	0.1	7:36	0.4	6:16	7:37	
27	Wed	1:24	3.7	1:50	3.4	8:03	0.1	8:18	0.4	6:17	7:36	
28	Thu	2:02	3.6	2:27	3.5	8:39	0.1	8:58	0.4	6:18	7:34	
29	Fri	2:39	3.5	3:03	3.4	9:13	0.2	9:35	0.5	6:19	7:33	
30	Sat	3:17	3.3	3:39	3.4	9:43	0.3	10:12	0.6	6:20	7:31	
31	Sun	3:55	3.1	4:14	3.3	10:11	0.5	10:48	0.7	6:21	7:29	