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# Poughkeepsie, NY - Jul 2093

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 6:02 | 3.0 | 7:06 | 3.1 | 12:20 | 0.9 | 1:02 | 0.5 | 5:25 | 8:34 | |
| 2 | Thu | 6:52 | 3.0 | 7:49 | 3.2 | 1:31 | 0.8 | 1:57 | 0.5 | 5:26 | 8:34 | |
| 3 | Fri | 7:47 | 3.0 | 8:40 | 3.4 | 2:41 | 0.7 | 2:54 | 0.4 | 5:26 | 8:33 | |
| 4 | Sat | 8:51 | 3.0 | 9:39 | 3.6 | 3:44 | 0.5 | 3:50 | 0.3 | 5:27 | 8:33 | |
| 5 | Sun | 10:01 | 3.0 | 10:39 | 3.9 | 4:42 | 0.3 | 4:45 | 0.1 | 5:28 | 8:33 | |
| 6 | Mon | 11:06 | 3.1 | 11:34 | 4.1 | 5:38 | 0.0 | 5:39 | 0.0 | 5:28 | 8:32 | |
| 7 | Tue | | | 12:04 | 3.3 | 6:33 | -0.2 | 6:35 | -0.1 | 5:29 | 8:32 | |
| 8 | Wed | 12:27 | 4.3 | 12:59 | 3.4 | 7:27 | -0.4 | 7:32 | -0.2 | 5:30 | 8:32 | |
| 9 | Thu | 1:20 | 4.3 | 1:55 | 3.5 | 8:20 | -0.5 | 8:27 | -0.3 | 5:30 | 8:31 | |
| 10 | Fri | 2:14 | 4.3 | 2:53 | 3.5 | 9:11 | -0.6 | 9:21 | -0.2 | 5:31 | 8:31 | |
| 11 | Sat | 3:11 | 4.2 | 3:53 | 3.6 | 10:01 | -0.5 | 10:14 | -0.1 | 5:32 | 8:30 | |
| 12 | Sun | 4:10 | 4.0 | 4:53 | 3.5 | 10:50 | -0.4 | 11:09 | 0.1 | 5:33 | 8:30 | |
| 13 | Mon | 5:09 | 3.8 | 5:51 | 3.5 | 11:42 | -0.2 | | | 5:33 | 8:29 | |
| 14 | Tue | 6:05 | 3.6 | 6:45 | 3.5 | 12:09 | 0.3 | 12:37 | 0.0 | 5:34 | 8:29 | |
| 15 | Wed | 6:59 | 3.4 | 7:36 | 3.5 | 1:13 | 0.5 | 1:34 | 0.1 | 5:35 | 8:28 | |
| 16 | Thu | 7:52 | 3.2 | 8:27 | 3.4 | 2:17 | 0.5 | 2:29 | 0.3 | 5:36 | 8:27 | |
| 17 | Fri | 8:46 | 3.0 | 9:21 | 3.4 | 3:17 | 0.6 | 3:22 | 0.4 | 5:37 | 8:27 | |
| 18 | Sat | 9:45 | 2.9 | 10:14 | 3.4 | 4:12 | 0.5 | 4:11 | 0.4 | 5:38 | 8:26 | |
| 19 | Sun | 10:41 | 2.9 | 11:04 | 3.5 | 5:02 | 0.4 | 4:57 | 0.5 | 5:38 | 8:25 | |
| 20 | Mon | 11:32 | 2.9 | 11:48 | 3.5 | 5:49 | 0.4 | 5:42 | 0.5 | 5:39 | 8:24 | |
| 21 | Tue | | | 12:17 | 3.0 | 6:34 | 0.3 | 6:26 | 0.5 | 5:40 | 8:24 | |
| 22 | Wed | 12:29 | 3.6 | 1:00 | 3.0 | 7:18 | 0.2 | 7:10 | 0.4 | 5:41 | 8:23 | |
| 23 | Thu | 1:07 | 3.6 | 1:41 | 3.1 | 8:00 | 0.2 | 7:53 | 0.4 | 5:42 | 8:22 | |
| 24 | Fri | 1:43 | 3.6 | 2:22 | 3.1 | 8:39 | 0.1 | 8:33 | 0.4 | 5:43 | 8:21 | |
| 25 | Sat | 2:17 | 3.5 | 3:02 | 3.1 | 9:17 | 0.1 | 9:12 | 0.5 | 5:44 | 8:20 | |
| 26 | Sun | 2:49 | 3.5 | 3:43 | 3.0 | 9:51 | 0.2 | 9:48 | 0.5 | 5:45 | 8:19 | |
| 27 | Mon | 3:22 | 3.4 | 4:22 | 3.0 | 10:24 | 0.2 | 10:23 | 0.6 | 5:46 | 8:18 | |
| 28 | Tue | 3:58 | 3.3 | 5:01 | 3.1 | 10:56 | 0.3 | 11:02 | 0.7 | 5:47 | 8:17 | |
| 29 | Wed | 4:40 | 3.2 | 5:41 | 3.2 | 11:30 | 0.4 | 11:50 | 0.7 | 5:48 | 8:16 | |
| 30 | Thu | 5:30 | 3.1 | 6:24 | 3.3 | | | 12:12 | 0.4 | 5:49 | 8:15 | |
| 31 | Fri | 6:23 | 3.1 | 7:12 | 3.4 | 12:56 | 0.8 | 1:08 | 0.5 | 5:50 | 8:14 | |