US HARBORS www.USHarbors.com

Ponquoque Point, NY - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:28	3.3	5:52	2.3			12:08	-0.3	7:14	4:33	
2	Mon	6:21	3.5	6:47	2.5			1:03	-0.5	7:14	4:34	
3	Tue	7:14	3.6	7:40	2.6	12:52	-0.5	1:54	-0.6	7:14	4:35	
4	Wed	8:06	3.6	8:34	2.7	1:47	-0.6	2:43	-0.7	7:14	4:35	
5	Thu	8:58	3.5	9:27	2.8	2:42	-0.6	3:31	-0.7	7:14	4:36	
6	Fri	9:49	3.3	10:21	2.8	3:36	-0.6	4:19	-0.7	7:14	4:37	
7	Sat	10:40	3.1	11:14	2.8	4:31	-0.4	5:07	-0.5	7:14	4:38	
8	Sun	11:31	2.8			5:29	-0.2	5:57	-0.4	7:13	4:39	
9	Mon	12:07	2.8	12:22	2.5	6:32	0.0	6:49	-0.2	7:13	4:40	
10	Tue	1:02	2.7	1:16	2.2	7:38	0.1	7:43	-0.1	7:13	4:41	
11	Wed	1:58	2.7	2:13	2.0	8:43	0.2	8:37	0.0	7:13	4:42	
12	Thu	2:57	2.6	3:15	1.9	9:47	0.2	9:31	0.1	7:12	4:44	
13	Fri	3:56	2.6	4:15	1.8	10:46	0.2	10:24	0.1	7:12	4:45	
14	Sat	4:50	2.6	5:09	1.8	11:40	0.2	11:15	0.1	7:12	4:46	
15	Sun	5:37	2.7	5:55	1.9			12:27	0.1	7:11	4:47	
16	Mon	6:19	2.8	6:37	2.0	12:03	0.1	1:08	0.0	7:11	4:48	
17	Tue	6:59	2.8	7:18	2.1	12:46	0.0	1:45	0.0	7:10	4:49	
18	Wed	7:37	2.9	7:57	2.2	1:27	0.0	2:19	-0.1	7:10	4:50	
19	Thu	8:15	2.9	8:37	2.3	2:05	-0.1	2:51	-0.2	7:09	4:51	
20	Fri	8:53	2.9	9:17	2.4	2:43	-0.1	3:22	-0.2	7:09	4:53	
21	Sat	9:32	2.8	9:57	2.5	3:20	-0.1	3:53	-0.2	7:08	4:54	
22	Sun	10:11	2.7	10:38	2.5	3:58	0.0	4:25	-0.2	7:07	4:55	
23	Mon	10:52	2.5	11:22	2.6	4:40	0.0	4:59	-0.1	7:07	4:56	
24	Tue	11:35	2.4			5:27	0.1	5:39	-0.1	7:06	4:57	
25	Wed	12:08	2.6	12:23	2.2	6:23	0.2	6:26	0.0	7:05	4:59	
26	Thu	1:00	2.7	1:18	2.1	7:27	0.2	7:22	0.0	7:04	5:00	
27	Fri	1:59	2.8	2:20	2.0	8:35	0.2	8:25	0.0	7:04	5:01	
28	Sat	3:03	2.9	3:28	2.0	9:44	0.1	9:31	-0.1	7:03	5:02	
29	Sun	4:08	3.0	4:35	2.1	10:50	-0.1	10:38	-0.2	7:02	5:04	
30	Mon	5:10	3.2	5:36	2.3	11:51	-0.3	11:42	-0.4	7:01	5:05	
31	Tue	6:06	3.4	6:32	2.6			12:46	-0.5	7:00	5:06	