

































Poughkeepsie, NY - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:59	3.7	1:22	3.1	7:41	0.0	7:45	0.2	5:51	7:53	
2	Sat	1:35	3.7	2:01	3.0	8:22	0.0	8:22	0.3	5:50	7:54	
3	Sun	2:10	3.6	2:41	2.9	9:02	0.0	8:58	0.4	5:49	7:55	
4	Mon	2:45	3.5	3:23	2.7	9:40	0.1	9:31	0.5	5:47	7:57	
5	Tue	3:22	3.3	4:09	2.6	10:17	0.3	10:03	0.7	5:46	7:58	
6	Wed	4:01	3.2	4:59	2.6	10:54	0.4	10:35	0.8	5:45	7:59	
7	Thu	4:45	3.0	5:48	2.5	11:37	0.5	11:13	0.9	5:44	8:00	
8	Fri	5:34	3.0	6:35	2.5			12:28	0.6	5:43	8:01	
9	Sat	6:24	2.9	7:20	2.6	12:09	1.0	1:27	0.6	5:41	8:02	
10	Sun	7:15	2.9	8:06	2.8	1:35	1.0	2:25	0.6	5:40	8:03	
11	Mon	8:10	2.9	8:58	3.0	2:49	0.9	3:17	0.4	5:39	8:04	
12	Tue	9:12	3.0	9:52	3.2	3:49	0.7	4:05	0.3	5:38	8:05	
13	Wed	10:15	3.0	10:43	3.6	4:44	0.4	4:51	0.1	5:37	8:06	
14	Thu	11:11	3.2	11:31	3.9	5:37	0.1	5:38	0.0	5:36	8:07	
15	Fri			12:02	3.3	6:29	-0.1	6:27	-0.1	5:35	8:08	
16	Sat	12:18	4.1	12:52	3.3	7:22	-0.3	7:18	-0.2	5:34	8:09	
17	Sun	1:05	4.2	1:44	3.3	8:15	-0.4	8:11	-0.2	5:33	8:10	
18	Mon	1:56	4.2	2:40	3.3	9:06	-0.5	9:03	-0.2	5:32	8:11	
19	Tue	2:51	4.1	3:41	3.2	9:57	-0.4	9:56	-0.1	5:31	8:12	
20	Wed	3:52	3.9	4:46	3.2	10:50	-0.3	10:51	0.1	5:31	8:13	
21	Thu	4:57	3.7	5:49	3.2	11:47	-0.1	11:53	0.3	5:30	8:14	
22	Fri	6:00	3.5	6:47	3.2			12:47	0.0	5:29	8:15	
23	Sat	6:58	3.3	7:43	3.3	1:02	0.5	1:48	0.1	5:28	8:16	
24	Sun	7:54	3.2	8:37	3.3	2:10	0.6	2:46	0.2	5:28	8:17	
25	Mon	8:51	3.0	9:32	3.4	3:13	0.5	3:38	0.2	5:27	8:18	
26	Tue	9:49	2.9	10:24	3.4	4:09	0.5	4:25	0.2	5:26	8:18	
27	Wed	10:44	2.9	11:11	3.5	5:00	0.4	5:08	0.3	5:26	8:19	
28	Thu	11:33	2.9	11:52	3.6	5:47	0.3	5:50	0.3	5:25	8:20	
29	Fri			12:16	2.9	6:33	0.2	6:31	0.4	5:24	8:21	
30	Sat	12:31	3.7	12:57	2.9	7:17	0.2	7:12	0.4	5:24	8:22	
31	Sun	1:07	3.7	1:38	2.8	7:59	0.1	7:53	0.5	5:23	8:23	