

































## Poughkeepsie, NY - May 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:26	3.6	12:50	3.1	7:07	0.0	7:08	0.1	5:51	7:53	
2	Thu	1:03	3.6	1:30	3.1	7:50	0.0	7:47	0.2	5:50	7:54	
3	Fri	1:37	3.6	2:10	3.0	8:31	0.0	8:25	0.2	5:49	7:56	
4	Sat	2:11	3.5	2:50	2.9	9:10	0.0	9:01	0.3	5:47	7:57	
5	Sun	2:43	3.4	3:33	2.8	9:47	0.1	9:34	0.4	5:46	7:58	
6	Mon	3:15	3.3	4:18	2.7	10:23	0.2	10:07	0.6	5:45	7:59	
7	Tue	3:49	3.2	5:05	2.7	11:00	0.4	10:40	0.7	5:44	8:00	
8	Wed	4:29	3.1	5:52	2.7	11:41	0.5	11:21	0.8	5:43	8:01	
9	Thu	5:18	3.0	6:36	2.7			12:31	0.5	5:41	8:02	
10	Fri	6:11	3.0	7:21	2.8	12:20	0.8	1:30	0.5	5:40	8:03	
11	Sat	7:07	3.0	8:10	3.0	1:40	0.8	2:29	0.5	5:39	8:04	
12	Sun	8:07	3.0	9:05	3.2	2:53	0.7	3:24	0.3	5:38	8:05	
13	Mon	9:13	3.0	10:03	3.5	3:56	0.4	4:15	0.2	5:37	8:06	
14	Tue	10:21	3.1	10:58	3.8	4:53	0.1	5:05	0.0	5:36	8:07	
15	Wed	11:21	3.3	11:49	4.1	5:47	-0.1	5:56	-0.2	5:35	8:08	
16	Thu			12:15	3.4	6:42	-0.3	6:49	-0.3	5:34	8:09	
17	Fri	12:38	4.3	1:08	3.5	7:36	-0.5	7:42	-0.3	5:33	8:10	
18	Sat	1:29	4.3	2:02	3.5	8:29	-0.6	8:35	-0.3	5:32	8:11	
19	Sun	2:22	4.2	3:00	3.4	9:20	-0.6	9:28	-0.2	5:31	8:12	
20	Mon	3:19	4.1	4:02	3.4	10:11	-0.5	10:21	-0.1	5:31	8:13	
21	Tue	4:20	3.9	5:05	3.3	11:03	-0.4	11:17	0.2	5:30	8:14	
22	Wed	5:21	3.7	6:05	3.3	11:58	-0.2			5:29	8:15	
23	Thu	6:19	3.5	7:00	3.3	12:19	0.4	12:57	0.0	5:28	8:16	
24	Fri	7:13	3.3	7:53	3.3	1:25	0.5	1:55	0.1	5:28	8:17	
25	Sat	8:07	3.1	8:46	3.3	2:30	0.6	2:50	0.2	5:27	8:18	
26	Sun	9:03	3.0	9:40	3.3	3:29	0.5	3:41	0.3	5:26	8:18	
27	Mon	10:00	2.9	10:30	3.4	4:23	0.5	4:27	0.3	5:26	8:19	
28	Tue	10:53	2.9	11:16	3.5	5:11	0.4	5:11	0.3	5:25	8:20	
29	Wed	11:41	2.9	11:57	3.6	5:57	0.3	5:52	0.3	5:24	8:21	
30	Thu			12:24	2.9	6:42	0.2	6:34	0.3	5:24	8:22	
31	Fri	12:35	3.6	1:05	3.0	7:25	0.2	7:16	0.4	5:23	8:23	