

































## Poughkeepsie, NY - Dec 2030

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