

































## Poughkeepsie, NY - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:47	3.0	7:05	2.7	12:47	0.0	1:32	0.3	7:22	4:35	
2	Thu	7:40	2.9	8:02	2.5	1:43	0.1	2:31	0.3	7:22	4:36	
3	Fri	8:35	2.9	9:01	2.5	2:35	0.2	3:25	0.3	7:22	4:37	
4	Sat	9:30	3.0	9:56	2.5	3:24	0.2	4:14	0.2	7:22	4:38	
5	Sun	10:18	3.1	10:44	2.6	4:10	0.2	5:00	0.1	7:22	4:39	
6	Mon	11:01	3.2	11:27	2.7	4:54	0.1	5:44	0.0	7:22	4:40	
7	Tue	11:40	3.2			5:38	0.0	6:26	-0.1	7:22	4:41	
8	Wed	12:08	2.8	12:16	3.3	6:21	0.0	7:07	-0.2	7:22	4:42	
9	Thu	12:47	2.8	12:50	3.2	7:02	0.0	7:45	-0.2	7:22	4:43	
10	Fri	1:25	2.8	1:21	3.2	7:41	0.0	8:21	-0.2	7:21	4:44	
11	Sat	2:02	2.8	1:51	3.1	8:17	0.0	8:54	-0.2	7:21	4:45	
12	Sun	2:37	2.8	2:23	3.0	8:52	0.0	9:25	-0.1	7:21	4:46	
13	Mon	3:14	2.8	3:01	2.9	9:28	0.1	9:57	-0.1	7:21	4:47	
14	Tue	3:54	2.8	3:47	2.8	10:08	0.2	10:33	0.0	7:20	4:48	
15	Wed	4:40	2.9	4:41	2.7	11:02	0.3	11:21	0.1	7:20	4:50	
16	Thu	5:30	3.0	5:39	2.7			12:16	0.3	7:19	4:51	
17	Fri	6:26	3.1	6:42	2.6	12:28	0.1	1:34	0.2	7:19	4:52	
18	Sat	7:29	3.2	7:54	2.6	1:43	0.0	2:43	0.1	7:18	4:53	
19	Sun	8:40	3.3	9:11	2.7	2:50	-0.1	3:44	-0.2	7:18	4:54	
20	Mon	9:48	3.5	10:18	2.9	3:51	-0.3	4:41	-0.4	7:17	4:55	
21	Tue	10:46	3.7	11:15	3.1	4:49	-0.5	5:35	-0.6	7:16	4:57	
22	Wed	11:40	3.9			5:45	-0.6	6:27	-0.8	7:16	4:58	
23	Thu	12:08	3.3	12:30	3.9	6:40	-0.7	7:17	-0.9	7:15	4:59	
24	Fri	1:00	3.4	1:21	3.8	7:32	-0.8	8:05	-1.0	7:14	5:00	
25	Sat	1:52	3.4	2:12	3.7	8:22	-0.7	8:50	-0.9	7:13	5:02	
26	Sun	2:44	3.4	3:04	3.5	9:10	-0.5	9:35	-0.7	7:13	5:03	
27	Mon	3:37	3.3	3:56	3.2	9:59	-0.3	10:21	-0.4	7:12	5:04	
28	Tue	4:29	3.1	4:49	3.0	10:52	0.0	11:09	-0.1	7:11	5:05	
29	Wed	5:19	3.0	5:40	2.7	11:51	0.2			7:10	5:07	
30	Thu	6:08	2.9	6:31	2.5	12:02	0.1	12:54	0.4	7:09	5:08	
31	Fri	6:58	2.8	7:25	2.4	12:59	0.3	1:56	0.4	7:08	5:09	