
































## Poughkeepsie, NY - Jun 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:20	2.9	10:06	3.5	4:07	0.5	4:14	0.3	5:23	8:23	
2	Mon	10:25	3.0	10:58	3.8	5:00	0.3	5:04	0.2	5:23	8:24	
3	Tue	11:23	3.1	11:48	4.0	5:53	0.0	5:55	0.0	5:22	8:25	
4	Wed			12:16	3.2	6:45	-0.2	6:47	-0.1	5:22	8:25	
5	Thu	12:36	4.2	1:07	3.4	7:38	-0.4	7:41	-0.2	5:21	8:26	
6	Fri	1:26	4.3	2:01	3.4	8:30	-0.5	8:35	-0.2	5:21	8:27	
7	Sat	2:20	4.2	2:59	3.4	9:20	-0.6	9:28	-0.2	5:21	8:27	
8	Sun	3:17	4.1	4:00	3.5	10:10	-0.5	10:21	-0.1	5:21	8:28	
9	Mon	4:17	3.9	5:03	3.5	11:01	-0.4	11:18	0.1	5:21	8:29	
10	Tue	5:18	3.8	6:02	3.5	11:55	-0.3			5:20	8:29	
11	Wed	6:16	3.6	6:57	3.5	12:21	0.3	12:53	-0.1	5:20	8:30	
12	Thu	7:12	3.4	7:51	3.5	1:28	0.4	1:51	0.0	5:20	8:30	
13	Fri	8:07	3.2	8:45	3.5	2:33	0.4	2:48	0.1	5:20	8:31	
14	Sat	9:04	3.0	9:41	3.5	3:33	0.4	3:41	0.2	5:20	8:31	
15	Sun	10:04	3.0	10:34	3.5	4:28	0.3	4:30	0.2	5:20	8:31	
16	Mon	10:59	2.9	11:22	3.6	5:19	0.3	5:17	0.3	5:20	8:32	
17	Tue	11:49	3.0			6:06	0.2	6:02	0.3	5:20	8:32	
18	Wed	12:05	3.6	12:34	3.0	6:52	0.1	6:46	0.3	5:20	8:33	
19	Thu	12:45	3.6	1:17	3.0	7:37	0.1	7:29	0.4	5:20	8:33	
20	Fri	1:23	3.6	1:59	3.0	8:19	0.1	8:12	0.4	5:21	8:33	
21	Sat	2:00	3.6	2:42	3.0	8:58	0.1	8:52	0.4	5:21	8:33	
22	Sun	2:37	3.5	3:26	3.0	9:36	0.1	9:29	0.5	5:21	8:34	
23	Mon	3:12	3.3	4:11	2.9	10:11	0.2	10:05	0.6	5:21	8:34	
24	Tue	3:47	3.2	4:54	2.9	10:45	0.3	10:41	0.7	5:22	8:34	
25	Wed	4:23	3.1	5:35	3.0	11:19	0.4	11:21	0.8	5:22	8:34	
26	Thu	5:05	3.0	6:14	3.0	11:55	0.4			5:22	8:34	
27	Fri	5:51	3.0	6:52	3.1	12:13	0.8	12:39	0.5	5:23	8:34	
28	Sat	6:41	2.9	7:35	3.3	1:21	0.8	1:34	0.5	5:23	8:34	
29	Sun	7:35	2.9	8:26	3.4	2:32	0.7	2:36	0.4	5:24	8:34	
30	Mon	8:38	2.9	9:26	3.6	3:36	0.5	3:36	0.3	5:24	8:34	