

































Poughkeepsie, NY - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:10	3.7	6:25	-0.3	7:09	-0.6	7:22	4:36	
2	Sun	12:37	3.1	12:54	3.8	7:13	-0.4	7:55	-0.7	7:22	4:37	
3	Mon	1:24	3.1	1:43	3.8	8:02	-0.5	8:40	-0.7	7:22	4:38	
4	Tue	2:16	3.2	2:36	3.7	8:50	-0.5	9:26	-0.7	7:22	4:39	
5	Wed	3:13	3.2	3:33	3.5	9:41	-0.4	10:15	-0.6	7:22	4:39	
6	Thu	4:13	3.2	4:33	3.3	10:39	-0.2	11:09	-0.5	7:22	4:40	
7	Fri	5:11	3.2	5:32	3.1	11:45	-0.1			7:22	4:41	
8	Sat	6:09	3.2	6:30	3.0	12:10	-0.3	12:54	0.0	7:22	4:42	
9	Sun	7:07	3.2	7:31	2.8	1:13	-0.2	2:01	0.0	7:22	4:43	
10	Mon	8:09	3.2	8:36	2.8	2:13	-0.2	3:03	-0.1	7:21	4:45	
11	Tue	9:12	3.2	9:40	2.8	3:11	-0.2	3:59	-0.2	7:21	4:46	
12	Wed	10:09	3.3	10:35	2.9	4:04	-0.2	4:51	-0.3	7:21	4:47	
13	Thu	10:58	3.4	11:24	2.9	4:55	-0.2	5:41	-0.4	7:20	4:48	
14	Fri	11:43	3.4			5:43	-0.3	6:28	-0.4	7:20	4:49	
15	Sat	12:09	3.0	12:24	3.4	6:29	-0.3	7:12	-0.4	7:19	4:50	
16	Sun	12:53	3.0	1:05	3.4	7:13	-0.2	7:52	-0.4	7:19	4:51	
17	Mon	1:35	3.0	1:44	3.2	7:55	-0.2	8:31	-0.3	7:18	4:52	
18	Tue	2:18	2.9	2:24	3.1	8:33	-0.1	9:07	-0.2	7:18	4:54	
19	Wed	3:02	2.8	3:04	2.9	9:10	0.0	9:41	-0.1	7:17	4:55	
20	Thu	3:46	2.8	3:44	2.8	9:47	0.2	10:15	0.1	7:17	4:56	
21	Fri	4:29	2.7	4:25	2.6	10:26	0.4	10:49	0.2	7:16	4:57	
22	Sat	5:10	2.7	5:06	2.5	11:14	0.5	11:31	0.3	7:15	4:59	
23	Sun	5:50	2.6	5:49	2.4			12:19	0.6	7:15	5:00	
24	Mon	6:33	2.7	6:38	2.3	12:28	0.4	1:28	0.6	7:14	5:01	
25	Tue	7:22	2.7	7:39	2.3	1:33	0.4	2:30	0.4	7:13	5:02	
26	Wed	8:22	2.9	8:50	2.4	2:34	0.3	3:26	0.2	7:12	5:03	
27	Thu	9:23	3.1	9:52	2.6	3:29	0.1	4:18	0.0	7:11	5:05	
28	Fri	10:18	3.3	10:45	2.8	4:22	-0.1	5:08	-0.3	7:10	5:06	
29	Sat	11:06	3.6	11:32	3.0	5:14	-0.3	5:58	-0.5	7:10	5:07	
30	Sun	11:53	3.7			6:06	-0.5	6:46	-0.7	7:09	5:09	
31	Mon	12:19	3.2	12:41	3.8	6:57	-0.7	7:33	-0.9	7:08	5:10	