

































## Poughkeepsie, NY - Jan 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:37	2.6	1:30	3.2	7:46	0.1	8:36	-0.1	7:22	4:35	
2	Mon	2:18	2.6	2:02	3.1	8:22	0.2	9:11	0.0	7:22	4:36	
3	Tue	2:59	2.5	2:36	3.0	8:56	0.3	9:45	0.0	7:22	4:37	
4	Wed	3:41	2.5	3:16	2.9	9:31	0.3	10:20	0.1	7:22	4:38	
5	Thu	4:23	2.5	4:03	2.9	10:12	0.4	11:00	0.2	7:22	4:39	
6	Fri	5:06	2.6	4:55	2.8	11:07	0.5	11:51	0.2	7:22	4:40	
7	Sat	5:52	2.8	5:50	2.7			12:23	0.5	7:22	4:41	
8	Sun	6:42	2.9	6:50	2.6	12:52	0.2	1:41	0.4	7:22	4:42	
9	Mon	7:41	3.1	7:59	2.6	1:55	0.1	2:49	0.2	7:22	4:43	
10	Tue	8:46	3.3	9:13	2.7	2:55	0.0	3:49	-0.1	7:21	4:44	
11	Wed	9:50	3.5	10:19	2.8	3:52	-0.2	4:46	-0.3	7:21	4:45	
12	Thu	10:47	3.8	11:17	3.0	4:49	-0.4	5:42	-0.5	7:21	4:46	
13	Fri	11:41	3.9			5:46	-0.5	6:36	-0.7	7:21	4:47	
14	Sat	12:11	3.1	12:33	3.9	6:41	-0.6	7:28	-0.8	7:20	4:48	
15	Sun	1:05	3.2	1:27	3.9	7:35	-0.6	8:17	-0.8	7:20	4:49	
16	Mon	2:01	3.2	2:21	3.7	8:27	-0.6	9:05	-0.8	7:19	4:50	
17	Tue	2:57	3.1	3:16	3.5	9:17	-0.4	9:52	-0.6	7:19	4:52	
18	Wed	3:54	3.1	4:11	3.3	10:09	-0.2	10:41	-0.4	7:18	4:53	
19	Thu	4:49	3.0	5:04	3.1	11:06	0.0	11:33	-0.2	7:18	4:54	
20	Fri	5:40	3.0	5:55	2.8			12:08	0.2	7:17	4:55	
21	Sat	6:29	2.9	6:47	2.6	12:28	0.0	1:12	0.3	7:16	4:56	
22	Sun	7:19	2.8	7:41	2.4	1:22	0.2	2:13	0.4	7:16	4:58	
23	Mon	8:13	2.8	8:41	2.3	2:15	0.3	3:09	0.3	7:15	4:59	
24	Tue	9:10	2.8	9:39	2.3	3:05	0.3	4:00	0.2	7:14	5:00	
25	Wed	10:02	2.9	10:31	2.4	3:52	0.3	4:47	0.1	7:14	5:01	
26	Thu	10:48	3.0	11:16	2.5	4:38	0.2	5:31	0.0	7:13	5:03	
27	Fri	11:28	3.1	11:57	2.6	5:22	0.1	6:15	-0.1	7:12	5:04	
28	Sat			12:05	3.2	6:06	0.1	6:56	-0.2	7:11	5:05	
29	Sun	12:36	2.7	12:40	3.2	6:48	0.0	7:34	-0.2	7:10	5:06	
30	Mon	1:14	2.7	1:12	3.2	7:28	0.0	8:11	-0.3	7:09	5:08	
31	Tue	1:50	2.7	1:43	3.1	8:05	0.0	8:44	-0.2	7:08	5:09	