
































## Poughkeepsie, NY - Jun 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:24	3.6	7:08	3.2	12:24	0.4	1:09	0.0	5:23	8:24	
2	Sat	7:22	3.4	8:05	3.3	1:35	0.5	2:10	0.0	5:22	8:25	
3	Sun	8:20	3.3	9:02	3.4	2:42	0.5	3:07	0.1	5:22	8:25	
4	Mon	9:19	3.1	9:59	3.5	3:43	0.4	3:58	0.1	5:22	8:26	
5	Tue	10:18	3.1	10:50	3.6	4:38	0.3	4:46	0.1	5:21	8:27	
6	Wed	11:11	3.1	11:35	3.6	5:29	0.2	5:31	0.1	5:21	8:27	
7	Thu	11:59	3.1			6:17	0.1	6:14	0.2	5:21	8:28	
8	Fri	12:16	3.7	12:43	3.0	7:03	0.1	6:57	0.3	5:21	8:28	
9	Sat	12:54	3.7	1:25	3.0	7:48	0.1	7:39	0.3	5:20	8:29	
10	Sun	1:31	3.7	2:08	2.9	8:31	0.1	8:19	0.4	5:20	8:30	
11	Mon	2:08	3.6	2:53	2.9	9:11	0.1	8:58	0.5	5:20	8:30	
12	Tue	2:45	3.5	3:40	2.8	9:50	0.2	9:35	0.6	5:20	8:31	
13	Wed	3:23	3.3	4:28	2.8	10:27	0.3	10:11	0.7	5:20	8:31	
14	Thu	4:03	3.2	5:17	2.7	11:05	0.4	10:48	0.8	5:20	8:31	
15	Fri	4:46	3.1	6:02	2.7	11:46	0.5	11:30	0.9	5:20	8:32	
16	Sat	5:31	3.0	6:43	2.8			12:31	0.5	5:20	8:32	
17	Sun	6:16	3.0	7:22	2.9	12:28	1.0	1:21	0.6	5:20	8:33	
18	Mon	7:03	2.9	8:04	3.1	1:39	1.0	2:13	0.5	5:20	8:33	
19	Tue	7:55	2.9	8:51	3.3	2:47	0.8	3:04	0.5	5:21	8:33	
20	Wed	8:55	2.9	9:45	3.5	3:47	0.6	3:54	0.3	5:21	8:33	
21	Thu	10:02	2.9	10:40	3.8	4:43	0.4	4:44	0.2	5:21	8:34	
22	Fri	11:05	3.0	11:32	4.0	5:37	0.1	5:35	0.1	5:21	8:34	
23	Sat			12:00	3.1	6:32	-0.1	6:29	0.0	5:22	8:34	
24	Sun	12:22	4.2	12:54	3.2	7:26	-0.3	7:25	-0.1	5:22	8:34	
25	Mon	1:14	4.3	1:49	3.3	8:19	-0.4	8:20	-0.1	5:22	8:34	
26	Tue	2:08	4.2	2:48	3.3	9:10	-0.5	9:15	-0.1	5:23	8:34	
27	Wed	3:05	4.1	3:50	3.4	10:01	-0.5	10:09	0.0	5:23	8:34	
28	Thu	4:06	4.0	4:53	3.4	10:52	-0.4	11:05	0.1	5:24	8:34	
29	Fri	5:07	3.8	5:52	3.4	11:45	-0.2			5:24	8:34	
30	Sat	6:05	3.6	6:47	3.4	12:06	0.3	12:41	-0.1	5:24	8:34	