US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2043

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:54	2.8	5:00	2.8	10:55	0.4	11:35	0.1	7:22	4:35	
2	Fri	5:41	2.8	5:47	2.6	11:53	0.6			7:22	4:36	
3	Sat	6:27	2.7	6:33	2.5	12:25	0.3	12:56	0.6	7:22	4:37	
4	Sun	7:13	2.8	7:23	2.3	1:16	0.4	1:56	0.6	7:22	4:38	
5	Mon	8:03	2.8	8:20	2.2	2:05	0.4	2:51	0.5	7:22	4:39	
6	Tue	8:56	2.9	9:20	2.2	2:53	0.4	3:42	0.4	7:22	4:40	
7	Wed	9:46	3.0	10:13	2.3	3:39	0.3	4:29	0.3	7:22	4:41	
8	Thu	10:32	3.1	10:59	2.4	4:23	0.3	5:15	0.1	7:22	4:42	
9	Fri	11:12	3.2	11:39	2.5	5:08	0.2	6:00	0.0	7:22	4:43	
10	Sat	11:49	3.3			5:53	0.1	6:44	-0.2	7:21	4:44	
11	Sun	12:18	2.6	12:26	3.4	6:37	0.0	7:26	-0.3	7:21	4:45	
12	Mon	12:56	2.7	1:04	3.5	7:21	-0.1	8:06	-0.4	7:21	4:46	
13	Tue	1:35	2.7	1:45	3.4	8:03	-0.1	8:45	-0.4	7:20	4:47	
14	Wed	2:18	2.8	2:30	3.4	8:46	-0.1	9:24	-0.4	7:20	4:48	
15	Thu	3:06	2.9	3:20	3.2	9:30	-0.1	10:05	-0.4	7:20	4:50	
16	Fri	3:58	3.0	4:14	3.1	10:22	0.0	10:51	-0.3	7:19	4:51	
17	Sat	4:52	3.1	5:11	2.9	11:26	0.1	11:46	-0.2	7:19	4:52	
18	Sun	5:47	3.1	6:08	2.8			12:40	0.2	7:18	4:53	
19	Mon	6:44	3.2	7:11	2.6	12:49	-0.1	1:53	0.2	7:18	4:54	
20	Tue	7:47	3.2	8:22	2.5	1:55	-0.1	2:59	0.1	7:17	4:56	
21	Wed	8:57	3.2	9:34	2.6	2:58	-0.1	3:59	-0.1	7:16	4:57	
22	Thu	10:02	3.3	10:36	2.7	3:57	-0.2	4:55	-0.3	7:16	4:58	
23	Fri	10:59	3.5	11:30	2.9	4:54	-0.2	5:48	-0.4	7:15	4:59	
24	Sat	11:49	3.5			5:48	-0.3	6:39	-0.5	7:14	5:00	
25	Sun	12:19	3.0	12:35	3.5	6:39	-0.3	7:25	-0.6	7:13	5:02	
26	Mon	1:07	3.0	1:20	3.4	7:27	-0.3	8:09	-0.5	7:13	5:03	
27	Tue	1:53	3.0	2:04	3.3	8:12	-0.2	8:49	-0.5	7:12	5:04	
28	Wed	2:39	3.0	2:49	3.1	8:53	-0.1	9:26	-0.3	7:11	5:05	
29	Thu	3:25	2.9	3:33	2.9	9:34	0.0	10:03	-0.1	7:10	5:07	
30	Fri	4:10	2.8	4:18	2.7	10:16	0.2	10:39	0.1	7:09	5:08	
31	Sat	4:54	2.8	5:02	2.5	11:03	0.4	11:18	0.3	7:08	5:09	