US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:56	2.6	1:02	3.3	7:13	0.2	7:58	-0.1	7:22	4:35	
2	Sat	1:34	2.6	1:35	3.2	7:51	0.2	8:34	-0.1	7:22	4:36	
3	Sun	2:10	2.6	2:09	3.1	8:27	0.2	9:08	-0.1	7:22	4:37	
4	Mon	2:48	2.6	2:47	3.1	9:02	0.2	9:42	-0.1	7:22	4:38	
5	Tue	3:28	2.6	3:30	3.0	9:39	0.3	10:17	0.0	7:22	4:39	
6	Wed	4:12	2.7	4:19	2.9	10:25	0.4	10:58	0.0	7:22	4:40	
7	Thu	5:00	2.8	5:13	2.8	11:28	0.4	11:50	0.1	7:22	4:41	
8	Fri	5:50	3.0	6:10	2.6			12:49	0.4	7:22	4:42	
9	Sat	6:46	3.1	7:14	2.6	12:54	0.1	2:04	0.3	7:22	4:43	
10	Sun	7:49	3.2	8:27	2.6	2:01	0.0	3:10	0.1	7:21	4:44	
11	Mon	9:00	3.4	9:40	2.7	3:05	-0.1	4:10	-0.1	7:21	4:45	
12	Tue	10:06	3.5	10:43	2.8	4:05	-0.2	5:07	-0.3	7:21	4:46	
13	Wed	11:04	3.7	11:38	3.0	5:03	-0.4	6:02	-0.5	7:21	4:47	
14	Thu	11:57	3.8			6:00	-0.5	6:54	-0.7	7:20	4:48	
15	Fri	12:32	3.1	12:49	3.8	6:55	-0.6	7:44	-0.8	7:20	4:49	
16	Sat	1:25	3.2	1:40	3.7	7:47	-0.6	8:30	-0.8	7:19	4:50	
17	Sun	2:18	3.2	2:32	3.5	8:36	-0.5	9:15	-0.7	7:19	4:52	
18	Mon	3:11	3.2	3:24	3.3	9:24	-0.3	10:00	-0.5	7:18	4:53	
19	Tue	4:03	3.1	4:15	3.1	10:14	-0.1	10:46	-0.2	7:18	4:54	
20	Wed	4:54	3.0	5:05	2.8	11:07	0.2	11:35	0.0	7:17	4:55	
21	Thu	5:41	2.9	5:54	2.6			12:07	0.4	7:16	4:56	
22	Fri	6:28	2.9	6:44	2.4	12:27	0.2	1:11	0.5	7:16	4:58	
23	Sat	7:17	2.8	7:39	2.2	1:21	0.4	2:12	0.5	7:15	4:59	
24	Sun	8:12	2.8	8:41	2.2	2:15	0.4	3:07	0.4	7:14	5:00	
25	Mon	9:10	2.8	9:42	2.2	3:07	0.4	3:58	0.3	7:14	5:01	
26	Tue	10:04	2.9	10:34	2.3	3:56	0.4	4:45	0.2	7:13	5:03	
27	Wed	10:50	3.0	11:18	2.4	4:42	0.3	5:30	0.1	7:12	5:04	
28	Thu	11:31	3.1	11:58	2.6	5:27	0.2	6:13	-0.1	7:11	5:05	
29	Fri			12:08	3.2	6:11	0.1	6:53	-0.2	7:10	5:06	
30	Sat	12:34	2.7	12:42	3.3	6:53	0.0	7:32	-0.3	7:09	5:08	
31	Sun	1:09	2.7	1:15	3.3	7:33	-0.1	8:07	-0.3	7:08	5:09	