US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:19	3.6	10:56	2.8	4:20	-0.2	5:24	-0.3	7:22	4:36	
2	Mon	11:13	3.8	11:49	3.0	5:16	-0.3	6:18	-0.5	7:22	4:37	
3	Tue			12:05	3.9	6:13	-0.5	7:09	-0.7	7:22	4:38	
4	Wed	12:42	3.1	12:57	3.9	7:08	-0.6	7:59	-0.8	7:22	4:39	
5	Thu	1:36	3.2	1:52	3.8	8:01	-0.6	8:47	-0.8	7:22	4:40	
6	Fri	2:33	3.3	2:47	3.7	8:53	-0.5	9:34	-0.7	7:22	4:40	
7	Sat	3:31	3.3	3:44	3.4	9:45	-0.4	10:23	-0.6	7:22	4:41	
8	Sun	4:28	3.2	4:41	3.2	10:41	-0.1	11:16	-0.4	7:22	4:43	
9	Mon	5:22	3.2	5:35	3.0	11:44	0.1			7:22	4:44	
10	Tue	6:14	3.1	6:29	2.7	12:13	-0.2	12:50	0.2	7:21	4:45	
11	Wed	7:07	3.1	7:25	2.5	1:11	0.0	1:55	0.3	7:21	4:46	
12	Thu	8:02	3.0	8:27	2.4	2:07	0.1	2:54	0.2	7:21	4:47	
13	Fri	9:01	3.0	9:30	2.3	3:01	0.2	3:49	0.2	7:20	4:48	
14	Sat	9:56	3.0	10:24	2.4	3:51	0.2	4:38	0.1	7:20	4:49	
15	Sun	10:44	3.1	11:11	2.5	4:38	0.2	5:24	0.0	7:19	4:50	
16	Mon	11:27	3.2	11:53	2.6	5:24	0.2	6:09	-0.1	7:19	4:51	
17	Tue			12:06	3.2	6:08	0.1	6:50	-0.1	7:18	4:53	
18	Wed	12:33	2.6	12:44	3.2	6:50	0.1	7:29	-0.2	7:18	4:54	
19	Thu	1:11	2.7	1:20	3.2	7:30	0.0	8:05	-0.2	7:17	4:55	
20	Fri	1:48	2.7	1:53	3.1	8:07	0.1	8:38	-0.2	7:17	4:56	
21	Sat	2:24	2.7	2:26	3.0	8:42	0.1	9:08	-0.2	7:16	4:57	
22	Sun	2:57	2.7	2:58	2.8	9:14	0.2	9:37	-0.1	7:15	4:59	
23	Mon	3:30	2.7	3:34	2.7	9:48	0.3	10:05	0.0	7:14	5:00	
24	Tue	4:05	2.7	4:17	2.6	10:27	0.4	10:39	0.1	7:14	5:01	
25	Wed	4:47	2.8	5:08	2.5	11:25	0.5	11:25	0.2	7:13	5:02	
26	Thu	5:36	2.9	6:04	2.4			12:48	0.5	7:12	5:04	
27	Fri	6:31	3.0	7:09	2.3	12:31	0.2	2:06	0.4	7:11	5:05	
28	Sat	7:38	3.1	8:27	2.4	1:50	0.2	3:12	0.2	7:10	5:06	
29	Sun	8:55	3.2	9:42	2.6	3:01	0.0	4:11	-0.1	7:09	5:07	
30	Mon	10:04	3.4	10:43	2.8	4:04	-0.2	5:06	-0.3	7:08	5:09	
31	Tue	11:03	3.7	11:37	3.1	5:03	-0.4	5:59	-0.6	7:07	5:10	