US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:44	3.6	10:13	2.9	3:49	-0.2	4:41	-0.3	7:22	4:36	
2	Sat	10:42	3.8	11:10	3.1	4:45	-0.4	5:35	-0.5	7:22	4:37	
3	Sun	11:35	4.0			5:41	-0.5	6:29	-0.7	7:22	4:38	
4	Mon	12:04	3.2	12:27	4.0	6:37	-0.7	7:20	-0.9	7:22	4:39	
5	Tue	12:57	3.3	1:19	4.0	7:30	-0.7	8:09	-0.9	7:22	4:40	
6	Wed	1:52	3.4	2:13	3.8	8:22	-0.7	8:57	-0.9	7:22	4:41	
7	Thu	2:49	3.3	3:08	3.6	9:13	-0.5	9:44	-0.7	7:22	4:42	
8	Fri	3:46	3.3	4:04	3.4	10:06	-0.3	10:34	-0.5	7:22	4:43	
9	Sat	4:42	3.2	4:59	3.1	11:03	-0.1	11:27	-0.3	7:22	4:44	
10	Sun	5:35	3.1	5:53	2.9			12:06	0.1	7:21	4:45	
11	Mon	6:26	3.0	6:46	2.7	12:24	-0.1	1:11	0.3	7:21	4:46	
12	Tue	7:19	2.9	7:42	2.5	1:21	0.1	2:13	0.3	7:21	4:47	
13	Wed	8:15	2.9	8:43	2.4	2:16	0.2	3:09	0.3	7:20	4:48	
14	Thu	9:12	2.9	9:41	2.4	3:08	0.2	4:00	0.2	7:20	4:49	
15	Fri	10:05	3.0	10:32	2.5	3:56	0.2	4:47	0.1	7:19	4:50	
16	Sat	10:50	3.1	11:16	2.6	4:42	0.1	5:32	0.0	7:19	4:51	
17	Sun	11:31	3.2	11:58	2.7	5:27	0.1	6:14	-0.1	7:18	4:53	
18	Mon			12:08	3.2	6:10	0.0	6:55	-0.2	7:18	4:54	
19	Tue	12:37	2.8	12:43	3.2	6:52	-0.1	7:33	-0.3	7:17	4:55	
20	Wed	1:15	2.8	1:15	3.2	7:31	-0.1	8:08	-0.3	7:17	4:56	
21	Thu	1:51	2.8	1:44	3.1	8:08	-0.1	8:41	-0.2	7:16	4:57	
22	Fri	2:25	2.8	2:14	3.0	8:43	0.0	9:12	-0.2	7:15	4:59	
23	Sat	2:59	2.8	2:48	2.9	9:17	0.1	9:41	-0.1	7:14	5:00	
24	Sun	3:35	2.8	3:30	2.8	9:55	0.1	10:12	0.0	7:14	5:01	
25	Mon	4:18	2.9	4:20	2.7	10:41	0.2	10:53	0.1	7:13	5:02	
26	Tue	5:07	2.9	5:17	2.6	11:48	0.3	11:52	0.1	7:12	5:04	
27	Wed	6:01	3.0	6:18	2.5			1:10	0.3	7:11	5:05	
28	Thu	7:03	3.1	7:29	2.5	1:12	0.1	2:22	0.2	7:10	5:06	
29	Fri	8:14	3.2	8:48	2.6	2:27	0.0	3:25	-0.1	7:09	5:07	
30	Sat	9:26	3.4	9:59	2.8	3:32	-0.2	4:23	-0.3	7:08	5:09	
31	Sun	10:29	3.6	10:58	3.1	4:31	-0.4	5:17	-0.6	7:07	5:10	