US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:22	2.9	3:27	3.0	9:27	0.1	10:04	-0.1	7:22	4:35	
2	Mon	4:11	2.8	4:14	2.8	10:09	0.3	10:45	0.1	7:22	4:36	
3	Tue	4:58	2.7	4:59	2.7	10:56	0.5	11:30	0.3	7:22	4:37	
4	Wed	5:43	2.7	5:44	2.5	11:54	0.6			7:22	4:38	
5	Thu	6:27	2.7	6:29	2.4	12:21	0.4	12:58	0.6	7:22	4:39	
6	Fri	7:13	2.7	7:20	2.3	1:15	0.4	1:59	0.6	7:22	4:40	
7	Sat	8:04	2.8	8:20	2.3	2:09	0.4	2:55	0.5	7:22	4:41	
8	Sun	8:58	2.9	9:21	2.4	3:00	0.3	3:46	0.3	7:22	4:42	
9	Mon	9:49	3.1	10:14	2.5	3:48	0.2	4:34	0.1	7:22	4:43	
10	Tue	10:34	3.3	10:59	2.7	4:35	0.0	5:21	-0.2	7:21	4:44	
11	Wed	11:16	3.5	11:41	2.9	5:23	-0.1	6:08	-0.4	7:21	4:45	
12	Thu	11:58	3.6			6:11	-0.3	6:54	-0.6	7:21	4:46	
13	Fri	12:24	3.0	12:41	3.7	6:59	-0.4	7:39	-0.7	7:20	4:47	
14	Sat	1:09	3.1	1:27	3.7	7:47	-0.5	8:23	-0.8	7:20	4:49	
15	Sun	1:57	3.2	2:17	3.6	8:35	-0.5	9:07	-0.7	7:20	4:50	
16	Mon	2:50	3.2	3:12	3.5	9:24	-0.5	9:53	-0.7	7:19	4:51	
17	Tue	3:48	3.3	4:10	3.3	10:18	-0.3	10:44	-0.5	7:19	4:52	
18	Wed	4:46	3.3	5:08	3.1	11:20	-0.1	11:42	-0.4	7:18	4:53	
19	Thu	5:44	3.2	6:07	2.9			12:29	0.0	7:17	4:54	
20	Fri	6:42	3.2	7:08	2.8	12:46	-0.2	1:38	0.0	7:17	4:56	
21	Sat	7:43	3.2	8:13	2.7	1:50	-0.2	2:42	0.0	7:16	4:57	
22	Sun	8:49	3.2	9:20	2.7	2:50	-0.2	3:41	-0.1	7:16	4:58	
23	Mon	9:51	3.2	10:19	2.8	3:46	-0.2	4:35	-0.3	7:15	4:59	
24	Tue	10:44	3.3	11:10	2.9	4:39	-0.2	5:25	-0.4	7:14	5:00	
25	Wed	11:30	3.4	11:56	3.0	5:29	-0.3	6:13	-0.4	7:13	5:02	
26	Thu			12:12	3.4	6:16	-0.3	6:57	-0.5	7:12	5:03	
27	Fri	12:40	3.0	12:53	3.4	7:01	-0.3	7:39	-0.5	7:12	5:04	
28	Sat	1:22	3.0	1:33	3.3	7:43	-0.3	8:17	-0.4	7:11	5:06	
29	Sun	2:04	3.0	2:12	3.1	8:23	-0.2	8:53	-0.3	7:10	5:07	
30	Mon	2:46	2.9	2:52	3.0	9:00	-0.1	9:27	-0.2	7:09	5:08	
31	Tue	3:28	2.9	3:32	2.8	9:37	0.1	9:59	0.0	7:08	5:09	