US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2052

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:59	3.4			6:05	0.0	6:46	-0.2	7:22	4:35	
2	Tue	12:22	2.8	12:33	3.4	6:47	-0.1	7:28	-0.3	7:22	4:36	
3	Wed	12:58	2.8	1:07	3.4	7:28	-0.1	8:07	-0.4	7:22	4:37	
4	Thu	1:35	2.8	1:44	3.4	8:08	-0.1	8:45	-0.4	7:22	4:38	
5	Fri	2:15	2.9	2:26	3.3	8:48	-0.1	9:24	-0.4	7:22	4:39	
6	Sat	3:01	2.9	3:15	3.2	9:30	-0.1	10:05	-0.3	7:22	4:40	
7	Sun	3:53	2.9	4:10	3.1	10:20	0.0	10:53	-0.2	7:22	4:41	
8	Mon	4:49	3.0	5:08	3.0	11:24	0.1	11:51	-0.2	7:22	4:42	
9	Tue	5:46	3.1	6:08	2.9			12:39	0.2	7:22	4:43	
10	Wed	6:44	3.2	7:11	2.8	12:57	-0.1	1:51	0.1	7:21	4:44	
11	Thu	7:48	3.2	8:21	2.8	2:02	-0.2	2:55	-0.1	7:21	4:45	
12	Fri	8:57	3.4	9:30	2.9	3:03	-0.3	3:54	-0.3	7:21	4:46	
13	Sat	10:00	3.5	10:31	3.0	4:00	-0.4	4:50	-0.4	7:21	4:47	
14	Sun	10:55	3.7	11:25	3.2	4:55	-0.5	5:43	-0.6	7:20	4:48	
15	Mon	11:45	3.7			5:49	-0.6	6:34	-0.7	7:20	4:49	
16	Tue	12:15	3.2	12:33	3.7	6:40	-0.6	7:23	-0.8	7:19	4:51	
17	Wed	1:05	3.3	1:20	3.6	7:29	-0.5	8:09	-0.7	7:19	4:52	
18	Thu	1:54	3.2	2:07	3.5	8:16	-0.4	8:52	-0.6	7:18	4:53	
19	Fri	2:43	3.1	2:55	3.3	9:00	-0.3	9:33	-0.4	7:18	4:54	
20	Sat	3:32	3.0	3:43	3.1	9:43	-0.1	10:15	-0.2	7:17	4:55	
21	Sun	4:21	2.9	4:32	2.8	10:29	0.1	10:59	0.0	7:16	4:56	
22	Mon	5:09	2.8	5:19	2.6	11:21	0.3	11:48	0.2	7:16	4:58	
23	Tue	5:55	2.8	6:06	2.5			12:21	0.5	7:15	4:59	
24	Wed	6:41	2.7	6:55	2.3	12:41	0.3	1:23	0.5	7:14	5:00	
25	Thu	7:32	2.7	7:51	2.3	1:36	0.4	2:21	0.5	7:13	5:01	
26	Fri	8:27	2.7	8:53	2.3	2:30	0.4	3:15	0.4	7:13	5:03	
27	Sat	9:23	2.8	9:50	2.4	3:20	0.3	4:04	0.2	7:12	5:04	
28	Sun	10:12	3.0	10:38	2.5	4:08	0.2	4:50	0.0	7:11	5:05	
29	Mon	10:55	3.2	11:19	2.7	4:54	0.1	5:35	-0.1	7:10	5:06	
30	Tue	11:34	3.3	11:57	2.8	5:39	-0.1	6:19	-0.3	7:09	5:08	
31	Wed			12:11	3.4	6:24	-0.2	7:01	-0.5	7:08	5:09	