US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:06	3.4	9:40	3.0	3:16	-0.2	4:09	-0.2	7:22	4:36	
2	Thu	10:07	3.7	10:40	3.1	4:13	-0.4	5:05	-0.5	7:22	4:37	
3	Fri	11:03	3.9	11:35	3.3	5:08	-0.6	5:59	-0.7	7:22	4:38	
4	Sat	11:55	4.0			6:03	-0.7	6:52	-0.8	7:22	4:39	
5	Sun	12:28	3.4	12:47	4.0	6:57	-0.8	7:43	-0.9	7:22	4:40	
6	Mon	1:22	3.4	1:39	3.9	7:50	-0.7	8:32	-0.9	7:22	4:41	
7	Tue	2:18	3.4	2:34	3.7	8:40	-0.6	9:20	-0.8	7:22	4:42	
8	Wed	3:14	3.3	3:29	3.5	9:30	-0.4	10:08	-0.6	7:22	4:43	
9	Thu	4:11	3.2	4:25	3.2	10:22	-0.2	11:00	-0.4	7:21	4:44	
10	Fri	5:05	3.1	5:18	3.0	11:20	0.1	11:55	-0.1	7:21	4:45	
11	Sat	5:56	3.0	6:10	2.8			12:22	0.3	7:21	4:46	
12	Sun	6:46	2.9	7:02	2.6	12:51	0.1	1:25	0.3	7:21	4:47	
13	Mon	7:38	2.9	7:58	2.5	1:46	0.2	2:23	0.3	7:20	4:48	
14	Tue	8:33	2.9	8:57	2.4	2:38	0.2	3:17	0.3	7:20	4:49	
15	Wed	9:28	2.9	9:52	2.5	3:26	0.2	4:06	0.2	7:19	4:50	
16	Thu	10:17	3.0	10:40	2.5	4:12	0.1	4:51	0.1	7:19	4:51	
17	Fri	11:00	3.2	11:23	2.6	4:56	0.1	5:35	-0.1	7:18	4:53	
18	Sat	11:39	3.2			5:39	0.0	6:18	-0.2	7:18	4:54	
19	Sun	12:03	2.7	12:16	3.3	6:22	0.0	6:59	-0.3	7:17	4:55	
20	Mon	12:40	2.8	12:50	3.3	7:03	-0.1	7:38	-0.3	7:17	4:56	
21	Tue	1:15	2.8	1:23	3.2	7:42	-0.1	8:14	-0.3	7:16	4:57	
22	Wed	1:49	2.8	1:56	3.2	8:19	-0.1	8:49	-0.3	7:15	4:59	
23	Thu	2:23	2.8	2:31	3.1	8:54	0.0	9:22	-0.3	7:14	5:00	
24	Fri	3:00	2.8	3:13	3.0	9:31	0.0	9:57	-0.2	7:14	5:01	
25	Sat	3:44	2.9	4:02	2.9	10:14	0.1	10:38	-0.1	7:13	5:02	
26	Sun	4:34	2.9	4:57	2.8	11:12	0.2	11:31	-0.1	7:12	5:04	
27	Mon	5:29	3.0	5:56	2.7			12:30	0.2	7:11	5:05	
28	Tue	6:27	3.1	7:00	2.7	12:40	0.0	1:46	0.2	7:10	5:06	
29	Wed	7:33	3.2	8:12	2.7	1:51	-0.1	2:52	0.0	7:09	5:07	
30	Thu	8:45	3.3	9:25	2.8	2:57	-0.2	3:52	-0.2	7:08	5:09	
31	Fri	9:53	3.5	10:28	3.0	3:57	-0.4	4:48	-0.5	7:07	5:10	