

































## Poughkeepsie, NY - Dec 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:52	3.2	5:05	3.5	11:05	0.1	11:56	-0.2	7:03	4:26	
2	Tue	5:52	3.2	6:06	3.3			12:15	0.2	7:04	4:25	
3	Wed	6:50	3.3	7:05	3.2	12:58	-0.1	1:23	0.2	7:05	4:25	
4	Thu	7:48	3.3	8:06	3.1	1:58	-0.1	2:27	0.2	7:06	4:25	
5	Fri	8:47	3.4	9:07	3.0	2:53	-0.1	3:24	0.1	7:07	4:25	
6	Sat	9:42	3.5	10:03	3.0	3:43	-0.2	4:16	0.0	7:08	4:25	
7	Sun	10:31	3.6	10:52	3.0	4:31	-0.2	5:05	-0.1	7:09	4:25	
8	Mon	11:14	3.6	11:36	3.0	5:16	-0.1	5:52	-0.2	7:10	4:25	
9	Tue	11:55	3.6			6:00	-0.1	6:37	-0.2	7:11	4:25	
10	Wed	12:18	3.0	12:34	3.6	6:43	0.0	7:20	-0.2	7:12	4:25	
11	Thu	12:59	3.0	1:13	3.5	7:23	0.0	8:00	-0.2	7:13	4:25	
12	Fri	1:41	2.9	1:52	3.4	8:02	0.1	8:39	-0.1	7:13	4:25	
13	Sat	2:25	2.8	2:32	3.2	8:39	0.2	9:16	0.0	7:14	4:25	
14	Sun	3:10	2.7	3:14	3.1	9:14	0.4	9:53	0.1	7:15	4:25	
15	Mon	3:57	2.6	3:57	2.9	9:49	0.5	10:31	0.2	7:16	4:26	
16	Tue	4:43	2.6	4:40	2.8	10:29	0.6	11:15	0.3	7:16	4:26	
17	Wed	5:26	2.6	5:24	2.7	11:25	0.7			7:17	4:26	
18	Thu	6:06	2.6	6:10	2.7	12:07	0.4	12:39	0.7	7:17	4:27	
19	Fri	6:49	2.7	7:01	2.7	1:04	0.3	1:48	0.6	7:18	4:27	
20	Sat	7:39	2.9	8:02	2.7	1:59	0.2	2:47	0.4	7:19	4:28	
21	Sun	8:37	3.1	9:07	2.8	2:52	0.1	3:42	0.2	7:19	4:28	
22	Mon	9:34	3.4	10:06	2.9	3:43	-0.1	4:34	-0.1	7:20	4:29	
23	Tue	10:26	3.6	10:58	3.1	4:33	-0.3	5:26	-0.3	7:20	4:29	
24	Wed	11:15	3.8	11:48	3.2	5:25	-0.4	6:18	-0.6	7:20	4:30	
25	Thu			12:04	4.0	6:18	-0.6	7:09	-0.7	7:21	4:30	
26	Fri	12:40	3.3	12:55	4.0	7:11	-0.7	7:59	-0.8	7:21	4:31	
27	Sat	1:34	3.3	1:49	3.9	8:03	-0.7	8:48	-0.8	7:21	4:32	
28	Sun	2:32	3.3	2:47	3.8	8:55	-0.6	9:38	-0.7	7:22	4:32	
29	Mon	3:32	3.3	3:47	3.6	9:48	-0.4	10:31	-0.6	7:22	4:33	
30	Tue	4:32	3.3	4:47	3.4	10:47	-0.2	11:28	-0.4	7:22	4:34	
31	Wed	5:30	3.2	5:45	3.1	11:52	0.0			7:22	4:35	