US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:27	3.2	6:42	3.0	12:31	-0.3	1:00	0.1	7:22	4:36	
2	Fri	7:23	3.1	7:40	2.8	1:30	-0.2	2:04	0.1	7:22	4:37	
3	Sat	8:20	3.1	8:41	2.7	2:26	-0.1	3:02	0.1	7:22	4:37	
4	Sun	9:17	3.2	9:40	2.7	3:18	-0.1	3:55	0.0	7:22	4:38	
5	Mon	10:08	3.2	10:31	2.7	4:06	-0.1	4:44	-0.1	7:22	4:39	
6	Tue	10:54	3.3	11:17	2.7	4:52	-0.1	5:31	-0.1	7:22	4:40	
7	Wed	11:35	3.4	11:58	2.8	5:36	-0.1	6:15	-0.2	7:22	4:41	
8	Thu			12:14	3.4	6:19	-0.1	6:57	-0.2	7:22	4:42	
9	Fri	12:39	2.8	12:52	3.3	7:01	-0.1	7:37	-0.3	7:22	4:43	
10	Sat	1:18	2.8	1:29	3.3	7:40	0.0	8:14	-0.2	7:21	4:44	
11	Sun	1:58	2.7	2:05	3.1	8:17	0.0	8:50	-0.2	7:21	4:45	
12	Mon	2:38	2.7	2:41	3.0	8:52	0.1	9:23	-0.1	7:21	4:47	
13	Tue	3:16	2.6	3:16	2.9	9:24	0.2	9:55	0.0	7:20	4:48	
14	Wed	3:54	2.6	3:54	2.8	9:58	0.4	10:29	0.1	7:20	4:49	
15	Thu	4:32	2.6	4:38	2.7	10:39	0.5	11:09	0.1	7:19	4:50	
16	Fri	5:13	2.7	5:26	2.6	11:42	0.5			7:19	4:51	
17	Sat	5:59	2.8	6:20	2.6	12:03	0.2	1:04	0.5	7:18	4:52	
18	Sun	6:51	2.9	7:22	2.5	1:09	0.2	2:15	0.3	7:18	4:53	
19	Mon	7:54	3.0	8:34	2.6	2:15	0.1	3:16	0.1	7:17	4:55	
20	Tue	9:03	3.3	9:43	2.8	3:15	-0.1	4:13	-0.2	7:17	4:56	
21	Wed	10:06	3.5	10:42	3.0	4:12	-0.3	5:07	-0.4	7:16	4:57	
22	Thu	11:01	3.7	11:35	3.2	5:08	-0.5	6:00	-0.7	7:15	4:58	
23	Fri	11:53	3.9			6:03	-0.7	6:52	-0.9	7:15	5:00	
24	Sat	12:27	3.4	12:45	3.9	6:58	-0.8	7:42	-1.0	7:14	5:01	
25	Sun	1:21	3.4	1:38	3.9	7:50	-0.9	8:30	-1.0	7:13	5:02	
26	Mon	2:15	3.5	2:33	3.7	8:41	-0.8	9:18	-0.9	7:12	5:03	
27	Tue	3:12	3.4	3:29	3.5	9:32	-0.6	10:07	-0.7	7:11	5:05	
28	Wed	4:09	3.3	4:26	3.3	10:26	-0.4	10:59	-0.5	7:10	5:06	
29	Thu	5:04	3.2	5:21	3.0	11:26	-0.1	11:56	-0.2	7:10	5:07	
30	Fri	5:58	3.1	6:15	2.8			12:30	0.1	7:09	5:08	
31	Sat	6:51	3.0	7:11	2.6	12:56	0.0	1:35	0.2	7:08	5:10	