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# Poughkeepsie, NY - May 2054

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 8:39 | 2.8 | 9:21 | 2.8 | 3:01 | 0.9 | 3:28 | 0.5 | 5:51 | 7:54 | |
| 2 | Sat | 9:36 | 2.8 | 10:14 | 2.9 | 3:55 | 0.8 | 4:15 | 0.4 | 5:50 | 7:55 | |
| 3 | Sun | 10:31 | 2.9 | 11:00 | 3.1 | 4:44 | 0.6 | 4:59 | 0.3 | 5:48 | 7:56 | |
| 4 | Mon | 11:18 | 3.0 | 11:39 | 3.3 | 5:30 | 0.4 | 5:40 | 0.2 | 5:47 | 7:57 | |
| 5 | Tue | 11:59 | 3.1 | | | 6:15 | 0.2 | 6:22 | 0.1 | 5:46 | 7:58 | |
| 6 | Wed | 12:14 | 3.5 | 12:38 | 3.2 | 7:00 | 0.1 | 7:03 | 0.0 | 5:45 | 7:59 | |
| 7 | Thu | 12:47 | 3.7 | 1:16 | 3.2 | 7:44 | -0.1 | 7:45 | 0.0 | 5:44 | 8:00 | |
| 8 | Fri | 1:21 | 3.8 | 1:57 | 3.3 | 8:29 | -0.2 | 8:27 | -0.1 | 5:42 | 8:01 | |
| 9 | Sat | 1:59 | 3.9 | 2:41 | 3.2 | 9:13 | -0.3 | 9:10 | 0.0 | 5:41 | 8:02 | |
| 10 | Sun | 2:42 | 3.8 | 3:33 | 3.2 | 9:58 | -0.2 | 9:54 | 0.0 | 5:40 | 8:03 | |
| 11 | Mon | 3:33 | 3.8 | 4:31 | 3.1 | 10:45 | -0.2 | 10:42 | 0.1 | 5:39 | 8:04 | |
| 12 | Tue | 4:32 | 3.7 | 5:33 | 3.1 | 11:39 | -0.1 | 11:40 | 0.3 | 5:38 | 8:05 | |
| 13 | Wed | 5:37 | 3.6 | 6:34 | 3.2 | | | 12:40 | 0.0 | 5:37 | 8:06 | |
| 14 | Thu | 6:41 | 3.5 | 7:32 | 3.3 | 12:51 | 0.4 | 1:45 | 0.1 | 5:36 | 8:07 | |
| 15 | Fri | 7:43 | 3.4 | 8:32 | 3.4 | 2:04 | 0.4 | 2:47 | 0.0 | 5:35 | 8:08 | |
| 16 | Sat | 8:47 | 3.3 | 9:34 | 3.5 | 3:12 | 0.3 | 3:45 | -0.1 | 5:34 | 8:09 | |
| 17 | Sun | 9:53 | 3.3 | 10:33 | 3.7 | 4:13 | 0.1 | 4:38 | -0.1 | 5:33 | 8:10 | |
| 18 | Mon | 10:54 | 3.3 | 11:26 | 3.8 | 5:08 | 0.0 | 5:28 | -0.2 | 5:32 | 8:11 | |
| 19 | Tue | 11:47 | 3.4 | | | 6:01 | -0.1 | 6:17 | -0.2 | 5:31 | 8:12 | |
| 20 | Wed | 12:13 | 3.9 | 12:36 | 3.4 | 6:52 | -0.2 | 7:04 | -0.2 | 5:30 | 8:13 | |
| 21 | Thu | 12:57 | 4.0 | 1:22 | 3.3 | 7:40 | -0.3 | 7:50 | -0.1 | 5:30 | 8:14 | |
| 22 | Fri | 1:39 | 3.9 | 2:08 | 3.3 | 8:27 | -0.3 | 8:34 | 0.0 | 5:29 | 8:15 | |
| 23 | Sat | 2:22 | 3.8 | 2:55 | 3.1 | 9:11 | -0.2 | 9:16 | 0.2 | 5:28 | 8:16 | |
| 24 | Sun | 3:06 | 3.7 | 3:44 | 3.0 | 9:53 | -0.1 | 9:56 | 0.4 | 5:27 | 8:17 | |
| 25 | Mon | 3:51 | 3.5 | 4:35 | 2.9 | 10:34 | 0.1 | 10:36 | 0.6 | 5:27 | 8:18 | |
| 26 | Tue | 4:39 | 3.3 | 5:26 | 2.8 | 11:16 | 0.3 | 11:19 | 0.8 | 5:26 | 8:19 | |
| 27 | Wed | 5:29 | 3.1 | 6:15 | 2.8 | | | 12:02 | 0.4 | 5:25 | 8:20 | |
| 28 | Thu | 6:16 | 3.0 | 7:01 | 2.8 | 12:10 | 0.9 | 12:53 | 0.5 | 5:25 | 8:20 | |
| 29 | Fri | 7:02 | 2.9 | 7:46 | 2.8 | 1:13 | 1.0 | 1:47 | 0.6 | 5:24 | 8:21 | |
| 30 | Sat | 7:49 | 2.8 | 8:32 | 2.9 | 2:17 | 1.0 | 2:39 | 0.6 | 5:24 | 8:22 | |
| 31 | Sun | 8:40 | 2.8 | 9:21 | 3.0 | 3:15 | 0.9 | 3:27 | 0.5 | 5:23 | 8:23 | |