US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:42	2.7	2:52	3.2	8:55	0.1	9:30	-0.1	7:22	4:35	
2	Sat	3:30	2.7	3:38	3.0	9:34	0.3	10:09	0.0	7:22	4:36	
3	Sun	4:18	2.6	4:24	2.8	10:14	0.4	10:49	0.2	7:22	4:37	
4	Mon	5:04	2.6	5:08	2.7	11:01	0.6	11:34	0.3	7:22	4:38	
5	Tue	5:47	2.6	5:52	2.6			12:04	0.7	7:22	4:39	
6	Wed	6:28	2.6	6:37	2.5	12:26	0.3	1:11	0.7	7:22	4:40	
7	Thu	7:12	2.6	7:29	2.4	1:20	0.3	2:12	0.6	7:22	4:41	
8	Fri	8:02	2.7	8:30	2.4	2:14	0.3	3:07	0.4	7:22	4:42	
9	Sat	8:58	2.9	9:31	2.5	3:04	0.2	3:59	0.2	7:22	4:43	
10	Sun	9:50	3.2	10:23	2.7	3:53	0.0	4:48	0.0	7:21	4:44	
11	Mon	10:37	3.4	11:11	2.8	4:42	-0.1	5:37	-0.3	7:21	4:45	
12	Tue	11:22	3.6	11:57	3.0	5:32	-0.3	6:26	-0.5	7:21	4:46	
13	Wed			12:08	3.8	6:23	-0.5	7:14	-0.7	7:20	4:47	
14	Thu	12:44	3.1	12:55	3.8	7:13	-0.6	8:01	-0.8	7:20	4:49	
15	Fri	1:34	3.2	1:46	3.8	8:03	-0.6	8:48	-0.8	7:20	4:50	
16	Sat	2:29	3.2	2:41	3.7	8:53	-0.6	9:35	-0.7	7:19	4:51	
17	Sun	3:26	3.2	3:40	3.5	9:45	-0.5	10:25	-0.6	7:19	4:52	
18	Mon	4:25	3.2	4:39	3.3	10:43	-0.3	11:21	-0.5	7:18	4:53	
19	Tue	5:23	3.2	5:38	3.1	11:49	-0.1			7:17	4:54	
20	Wed	6:19	3.2	6:35	2.9	12:22	-0.3	12:57	0.0	7:17	4:56	
21	Thu	7:16	3.2	7:36	2.7	1:23	-0.2	2:03	0.0	7:16	4:57	
22	Fri	8:17	3.2	8:42	2.6	2:23	-0.2	3:04	0.0	7:16	4:58	
23	Sat	9:18	3.2	9:45	2.7	3:19	-0.1	4:00	-0.1	7:15	4:59	
24	Sun	10:13	3.3	10:39	2.7	4:11	-0.1	4:51	-0.2	7:14	5:01	
25	Mon	11:01	3.3	11:26	2.8	5:00	-0.1	5:39	-0.3	7:13	5:02	
26	Tue	11:44	3.4			5:47	-0.2	6:25	-0.3	7:12	5:03	
27	Wed	12:09	2.8	12:25	3.4	6:32	-0.2	7:08	-0.4	7:12	5:04	
28	Thu	12:51	2.9	1:05	3.3	7:15	-0.2	7:47	-0.4	7:11	5:06	
29	Fri	1:31	2.8	1:44	3.2	7:55	-0.1	8:24	-0.3	7:10	5:07	
30	Sat	2:12	2.8	2:23	3.1	8:32	0.0	8:59	-0.2	7:09	5:08	
31	Sun	2:52	2.7	3:02	2.9	9:08	0.1	9:32	-0.1	7:08	5:09	