US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:22	3.3	11:53	2.7	5:24	0.0	6:17	-0.1	7:22	4:35	
2	Sun	11:56	3.4			6:07	-0.1	7:01	-0.3	7:22	4:36	
3	Mon	12:31	2.8	12:32	3.5	6:51	-0.2	7:43	-0.4	7:22	4:37	
4	Tue	1:11	2.8	1:10	3.5	7:34	-0.2	8:24	-0.4	7:22	4:38	
5	Wed	1:54	2.8	1:53	3.5	8:17	-0.2	9:06	-0.4	7:22	4:39	
6	Thu	2:42	2.9	2:43	3.4	9:01	-0.2	9:49	-0.4	7:22	4:40	
7	Fri	3:36	2.9	3:39	3.3	9:49	-0.1	10:37	-0.3	7:22	4:41	
8	Sat	4:33	3.0	4:38	3.2	10:47	0.0	11:32	-0.2	7:22	4:42	
9	Sun	5:29	3.1	5:37	3.0	11:56	0.1			7:22	4:43	
10	Mon	6:25	3.1	6:37	2.9	12:34	-0.2	1:10	0.1	7:21	4:44	
11	Tue	7:24	3.2	7:42	2.8	1:36	-0.2	2:18	0.0	7:21	4:45	
12	Wed	8:28	3.3	8:52	2.8	2:36	-0.2	3:19	-0.1	7:21	4:46	
13	Thu	9:31	3.4	9:57	2.8	3:33	-0.3	4:17	-0.3	7:20	4:47	
14	Fri	10:28	3.6	10:54	2.9	4:27	-0.4	5:11	-0.4	7:20	4:48	
15	Sat	11:18	3.6	11:45	3.0	5:20	-0.4	6:02	-0.5	7:20	4:49	
16	Sun			12:06	3.7	6:11	-0.4	6:52	-0.6	7:19	4:51	
17	Mon	12:33	3.0	12:51	3.6	7:00	-0.4	7:38	-0.6	7:19	4:52	
18	Tue	1:21	3.0	1:37	3.5	7:46	-0.3	8:21	-0.5	7:18	4:53	
19	Wed	2:08	2.9	2:22	3.3	8:30	-0.2	9:02	-0.4	7:18	4:54	
20	Thu	2:56	2.8	3:09	3.2	9:11	0.0	9:42	-0.3	7:17	4:55	
21	Fri	3:44	2.8	3:56	3.0	9:53	0.1	10:21	-0.1	7:16	4:57	
22	Sat	4:31	2.7	4:43	2.8	10:38	0.3	11:03	0.1	7:16	4:58	
23	Sun	5:16	2.7	5:29	2.6	11:32	0.5	11:49	0.3	7:15	4:59	
24	Mon	6:00	2.6	6:14	2.4			12:34	0.6	7:14	5:00	
25	Tue	6:44	2.6	7:03	2.3	12:41	0.4	1:37	0.6	7:13	5:01	
26	Wed	7:32	2.6	8:00	2.3	1:36	0.4	2:35	0.5	7:13	5:03	
27	Thu	8:26	2.7	9:02	2.3	2:29	0.4	3:28	0.4	7:12	5:04	
28	Fri	9:22	2.8	9:58	2.4	3:20	0.3	4:17	0.2	7:11	5:05	
29	Sat	10:11	3.0	10:45	2.6	4:08	0.1	5:04	0.0	7:10	5:06	
30	Sun	10:54	3.2	11:28	2.7	4:56	0.0	5:50	-0.2	7:09	5:08	
31	Mon	11:35	3.4			5:43	-0.2	6:35	-0.4	7:08	5:09	