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# Poughkeepsie, NY - Sep 2056

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 6:26 | 2.8 | 6:44 | 3.2 | 12:33 | 0.9 | 12:19 | 0.8 | 6:22 | 7:28 | |
| 2 | Sat | 7:14 | 2.7 | 7:27 | 3.1 | 1:36 | 1.0 | 1:16 | 1.0 | 6:23 | 7:26 | |
| 3 | Sun | 8:06 | 2.7 | 8:16 | 3.1 | 2:39 | 1.0 | 2:22 | 1.0 | 6:24 | 7:24 | |
| 4 | Mon | 9:04 | 2.7 | 9:13 | 3.2 | 3:36 | 0.9 | 3:23 | 0.9 | 6:25 | 7:23 | |
| 5 | Tue | 10:05 | 2.8 | 10:13 | 3.3 | 4:27 | 0.7 | 4:18 | 0.8 | 6:26 | 7:21 | |
| 6 | Wed | 10:58 | 3.0 | 11:04 | 3.6 | 5:14 | 0.5 | 5:08 | 0.6 | 6:27 | 7:19 | |
| 7 | Thu | 11:43 | 3.2 | 11:49 | 3.8 | 5:59 | 0.3 | 5:57 | 0.4 | 6:28 | 7:18 | |
| 8 | Fri | | | 12:24 | 3.4 | 6:43 | 0.1 | 6:46 | 0.2 | 6:29 | 7:16 | |
| 9 | Sat | 12:31 | 3.9 | 1:05 | 3.6 | 7:28 | -0.1 | 7:36 | 0.0 | 6:30 | 7:14 | |
| 10 | Sun | 1:13 | 4.0 | 1:46 | 3.8 | 8:11 | -0.2 | 8:25 | -0.1 | 6:31 | 7:12 | |
| 11 | Mon | 1:57 | 4.0 | 2:32 | 3.9 | 8:54 | -0.3 | 9:13 | -0.2 | 6:32 | 7:11 | |
| 12 | Tue | 2:45 | 3.9 | 3:21 | 4.0 | 9:37 | -0.3 | 10:02 | -0.1 | 6:33 | 7:09 | |
| 13 | Wed | 3:38 | 3.7 | 4:16 | 4.0 | 10:21 | -0.2 | 10:54 | 0.0 | 6:34 | 7:07 | |
| 14 | Thu | 4:37 | 3.5 | 5:15 | 3.9 | 11:09 | 0.0 | 11:53 | 0.2 | 6:35 | 7:05 | |
| 15 | Fri | 5:40 | 3.4 | 6:15 | 3.8 | | | 12:07 | 0.2 | 6:37 | 7:04 | |
| 16 | Sat | 6:43 | 3.2 | 7:15 | 3.7 | 1:00 | 0.4 | 1:14 | 0.4 | 6:38 | 7:02 | |
| 17 | Sun | 7:46 | 3.1 | 8:17 | 3.7 | 2:10 | 0.4 | 2:24 | 0.5 | 6:39 | 7:00 | |
| 18 | Mon | 8:52 | 3.1 | 9:22 | 3.6 | 3:15 | 0.4 | 3:29 | 0.5 | 6:40 | 6:59 | |
| 19 | Tue | 9:59 | 3.2 | 10:25 | 3.7 | 4:14 | 0.3 | 4:28 | 0.4 | 6:41 | 6:57 | |
| 20 | Wed | 10:59 | 3.3 | 11:19 | 3.7 | 5:07 | 0.2 | 5:22 | 0.3 | 6:42 | 6:55 | |
| 21 | Thu | 11:49 | 3.4 | | | 5:55 | 0.1 | 6:12 | 0.3 | 6:43 | 6:53 | |
| 22 | Fri | 12:06 | 3.8 | 12:33 | 3.6 | 6:41 | 0.0 | 6:59 | 0.2 | 6:44 | 6:52 | |
| 23 | Sat | 12:49 | 3.8 | 1:13 | 3.6 | 7:24 | 0.0 | 7:44 | 0.2 | 6:45 | 6:50 | |
| 24 | Sun | 1:29 | 3.7 | 1:52 | 3.7 | 8:04 | 0.0 | 8:27 | 0.2 | 6:46 | 6:48 | |
| 25 | Mon | 2:08 | 3.6 | 2:29 | 3.6 | 8:42 | 0.1 | 9:07 | 0.3 | 6:47 | 6:46 | |
| 26 | Tue | 2:48 | 3.5 | 3:07 | 3.5 | 9:17 | 0.2 | 9:46 | 0.4 | 6:48 | 6:45 | |
| 27 | Wed | 3:29 | 3.3 | 3:44 | 3.4 | 9:49 | 0.4 | 10:24 | 0.5 | 6:49 | 6:43 | |
| 28 | Thu | 4:13 | 3.1 | 4:23 | 3.3 | 10:19 | 0.5 | 11:03 | 0.7 | 6:50 | 6:41 | |
| 29 | Fri | 5:01 | 2.9 | 5:03 | 3.2 | 10:49 | 0.7 | 11:48 | 0.9 | 6:51 | 6:39 | |
| 30 | Sat | 5:50 | 2.8 | 5:47 | 3.1 | 11:22 | 0.9 | | | 6:52 | 6:38 | |