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# Poughkeepsie, NY - Dec 2056

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 7:06 | 2.9 | 7:06 | 3.0 | 1:29 | 0.3 | 1:48 | 0.5 | 7:04 | 4:26 | |
| 2 | Sat | 8:04 | 3.1 | 8:13 | 3.1 | 2:24 | 0.1 | 2:52 | 0.3 | 7:05 | 4:25 | |
| 3 | Sun | 9:04 | 3.4 | 9:20 | 3.2 | 3:16 | -0.1 | 3:50 | 0.0 | 7:06 | 4:25 | |
| 4 | Mon | 9:59 | 3.8 | 10:20 | 3.3 | 4:07 | -0.3 | 4:45 | -0.3 | 7:07 | 4:25 | |
| 5 | Tue | 10:51 | 4.0 | 11:13 | 3.4 | 4:57 | -0.4 | 5:39 | -0.5 | 7:08 | 4:25 | |
| 6 | Wed | 11:40 | 4.2 | | | 5:49 | -0.6 | 6:33 | -0.6 | 7:08 | 4:25 | |
| 7 | Thu | 12:06 | 3.4 | 12:30 | 4.2 | 6:41 | -0.6 | 7:26 | -0.7 | 7:09 | 4:25 | |
| 8 | Fri | 12:59 | 3.4 | 1:22 | 4.1 | 7:34 | -0.6 | 8:17 | -0.7 | 7:10 | 4:25 | |
| 9 | Sat | 1:56 | 3.3 | 2:18 | 3.9 | 8:25 | -0.4 | 9:07 | -0.6 | 7:11 | 4:25 | |
| 10 | Sun | 2:56 | 3.2 | 3:16 | 3.7 | 9:16 | -0.2 | 9:58 | -0.4 | 7:12 | 4:25 | |
| 11 | Mon | 3:58 | 3.1 | 4:16 | 3.5 | 10:10 | 0.0 | 10:53 | -0.2 | 7:13 | 4:25 | |
| 12 | Tue | 4:58 | 3.0 | 5:13 | 3.3 | 11:10 | 0.3 | 11:51 | 0.0 | 7:14 | 4:25 | |
| 13 | Wed | 5:53 | 2.9 | 6:07 | 3.1 | | | 12:15 | 0.4 | 7:14 | 4:25 | |
| 14 | Thu | 6:46 | 2.9 | 7:00 | 2.9 | 12:50 | 0.1 | 1:20 | 0.5 | 7:15 | 4:26 | |
| 15 | Fri | 7:39 | 2.9 | 7:55 | 2.8 | 1:45 | 0.2 | 2:20 | 0.5 | 7:16 | 4:26 | |
| 16 | Sat | 8:33 | 2.9 | 8:51 | 2.7 | 2:36 | 0.2 | 3:14 | 0.4 | 7:16 | 4:26 | |
| 17 | Sun | 9:25 | 3.0 | 9:44 | 2.7 | 3:21 | 0.2 | 4:02 | 0.3 | 7:17 | 4:26 | |
| 18 | Mon | 10:11 | 3.1 | 10:32 | 2.7 | 4:04 | 0.1 | 4:48 | 0.2 | 7:18 | 4:27 | |
| 19 | Tue | 10:52 | 3.3 | 11:15 | 2.8 | 4:45 | 0.1 | 5:32 | 0.1 | 7:18 | 4:27 | |
| 20 | Wed | 11:29 | 3.3 | 11:55 | 2.8 | 5:26 | 0.1 | 6:15 | 0.0 | 7:19 | 4:28 | |
| 21 | Thu | | | 12:04 | 3.4 | 6:07 | 0.1 | 6:57 | -0.1 | 7:19 | 4:28 | |
| 22 | Fri | 12:34 | 2.8 | 12:36 | 3.4 | 6:47 | 0.1 | 7:37 | -0.1 | 7:20 | 4:29 | |
| 23 | Sat | 1:12 | 2.7 | 1:07 | 3.3 | 7:26 | 0.1 | 8:15 | -0.1 | 7:20 | 4:29 | |
| 24 | Sun | 1:51 | 2.7 | 1:38 | 3.3 | 8:03 | 0.1 | 8:52 | -0.1 | 7:20 | 4:30 | |
| 25 | Mon | 2:31 | 2.6 | 2:12 | 3.2 | 8:38 | 0.2 | 9:29 | -0.1 | 7:21 | 4:31 | |
| 26 | Tue | 3:14 | 2.6 | 2:54 | 3.1 | 9:15 | 0.2 | 10:07 | 0.0 | 7:21 | 4:31 | |
| 27 | Wed | 4:00 | 2.6 | 3:44 | 3.1 | 9:56 | 0.3 | 10:51 | 0.1 | 7:21 | 4:32 | |
| 28 | Thu | 4:50 | 2.7 | 4:41 | 3.0 | 10:50 | 0.3 | 11:45 | 0.1 | 7:22 | 4:33 | |
| 29 | Fri | 5:40 | 2.8 | 5:39 | 2.9 | | | 12:03 | 0.4 | 7:22 | 4:33 | |
| 30 | Sat | 6:33 | 3.0 | 6:39 | 2.9 | 12:47 | 0.0 | 1:21 | 0.3 | 7:22 | 4:34 | |
| 31 | Sun | 7:31 | 3.2 | 7:45 | 2.8 | 1:48 | 0.0 | 2:30 | 0.1 | 7:22 | 4:35 | |