US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:34	3.3	8:57	2.8	2:46	-0.1	3:31	-0.1	7:22	4:36	
2	Tue	9:37	3.6	10:03	2.9	3:42	-0.3	4:29	-0.3	7:22	4:37	
3	Wed	10:35	3.8	11:01	3.0	4:37	-0.4	5:25	-0.5	7:22	4:38	
4	Thu	11:27	3.9	11:56	3.1	5:31	-0.5	6:19	-0.7	7:22	4:39	
5	Fri			12:19	3.9	6:26	-0.6	7:11	-0.8	7:22	4:40	
6	Sat	12:49	3.2	1:10	3.9	7:19	-0.6	8:01	-0.8	7:22	4:41	
7	Sun	1:43	3.1	2:02	3.7	8:10	-0.5	8:49	-0.7	7:22	4:42	
8	Mon	2:38	3.1	2:56	3.5	8:59	-0.3	9:35	-0.6	7:22	4:43	
9	Tue	3:35	3.0	3:50	3.3	9:48	-0.1	10:23	-0.4	7:21	4:44	
10	Wed	4:29	2.9	4:43	3.1	10:40	0.1	11:13	-0.1	7:21	4:45	
11	Thu	5:21	2.8	5:34	2.9	11:39	0.3			7:21	4:46	
12	Fri	6:09	2.8	6:23	2.7	12:06	0.0	12:41	0.4	7:21	4:47	
13	Sat	6:57	2.8	7:14	2.5	12:59	0.2	1:43	0.5	7:20	4:48	
14	Sun	7:48	2.7	8:09	2.4	1:51	0.3	2:40	0.4	7:20	4:49	
15	Mon	8:42	2.8	9:08	2.4	2:40	0.3	3:31	0.3	7:19	4:50	
16	Tue	9:34	2.9	10:02	2.4	3:27	0.3	4:19	0.2	7:19	4:51	
17	Wed	10:22	3.0	10:49	2.5	4:12	0.2	5:04	0.1	7:18	4:53	
18	Thu	11:03	3.1	11:31	2.6	4:56	0.1	5:48	0.0	7:18	4:54	
19	Fri	11:40	3.2			5:39	0.0	6:31	-0.2	7:17	4:55	
20	Sat	12:11	2.7	12:15	3.3	6:22	0.0	7:13	-0.3	7:17	4:56	
21	Sun	12:49	2.7	12:48	3.3	7:04	-0.1	7:52	-0.3	7:16	4:57	
22	Mon	1:26	2.7	1:21	3.3	7:44	-0.1	8:29	-0.3	7:15	4:59	
23	Tue	2:03	2.8	1:57	3.3	8:23	-0.1	9:05	-0.3	7:14	5:00	
24	Wed	2:43	2.8	2:39	3.2	9:02	-0.1	9:41	-0.3	7:14	5:01	
25	Thu	3:28	2.8	3:27	3.1	9:45	0.0	10:21	-0.2	7:13	5:02	
26	Fri	4:18	2.9	4:22	3.0	10:36	0.1	11:08	-0.1	7:12	5:04	
27	Sat	5:10	3.0	5:19	2.8	11:42	0.1			7:11	5:05	
28	Sun	6:05	3.1	6:19	2.7	12:08	-0.1	12:59	0.2	7:10	5:06	
29	Mon	7:05	3.2	7:26	2.6	1:16	0.0	2:11	0.1	7:09	5:07	
30	Tue	8:12	3.2	8:42	2.6	2:23	-0.1	3:15	-0.1	7:08	5:09	
31	Wed	9:21	3.4	9:53	2.8	3:25	-0.2	4:14	-0.3	7:07	5:10	