US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:54	3.0	6:08	3.0			12:21	0.2	7:22	4:36	
2	Wed	6:47	3.0	7:02	2.8	12:49	-0.1	1:26	0.3	7:22	4:37	
3	Thu	7:41	3.0	7:59	2.7	1:44	0.0	2:27	0.3	7:22	4:37	
4	Fri	8:36	3.0	8:58	2.6	2:37	0.0	3:23	0.2	7:22	4:38	
5	Sat	9:30	3.0	9:53	2.6	3:25	0.1	4:13	0.1	7:22	4:39	
6	Sun	10:18	3.1	10:42	2.6	4:10	0.1	5:00	0.0	7:22	4:40	
7	Mon	11:00	3.2	11:26	2.6	4:53	0.1	5:45	0.0	7:22	4:41	
8	Tue	11:39	3.3			5:36	0.1	6:28	-0.1	7:22	4:42	
9	Wed	12:07	2.7	12:16	3.3	6:19	0.0	7:10	-0.2	7:22	4:43	
10	Thu	12:48	2.7	12:52	3.2	7:00	0.0	7:49	-0.2	7:21	4:44	
11	Fri	1:28	2.7	1:26	3.2	7:39	0.1	8:25	-0.2	7:21	4:46	
12	Sat	2:08	2.6	1:58	3.1	8:15	0.1	9:00	-0.1	7:21	4:47	
13	Sun	2:48	2.6	2:30	3.0	8:49	0.2	9:33	-0.1	7:20	4:48	
14	Mon	3:27	2.5	3:05	2.9	9:23	0.2	10:05	0.0	7:20	4:49	
15	Tue	4:07	2.6	3:48	2.8	10:00	0.3	10:40	0.1	7:19	4:50	
16	Wed	4:47	2.6	4:37	2.7	10:48	0.4	11:23	0.2	7:19	4:51	
17	Thu	5:31	2.7	5:30	2.6	11:57	0.4			7:18	4:52	
18	Fri	6:20	2.9	6:28	2.6	12:21	0.2	1:18	0.4	7:18	4:54	
19	Sat	7:16	3.0	7:35	2.5	1:29	0.1	2:29	0.2	7:17	4:55	
20	Sun	8:22	3.2	8:51	2.6	2:34	0.0	3:31	0.0	7:17	4:56	
21	Mon	9:30	3.4	10:01	2.7	3:34	-0.1	4:29	-0.3	7:16	4:57	
22	Tue	10:31	3.6	11:01	2.9	4:32	-0.3	5:25	-0.5	7:15	4:58	
23	Wed	11:25	3.8	11:55	3.1	5:29	-0.5	6:19	-0.7	7:15	5:00	
24	Thu			12:18	3.9	6:26	-0.6	7:11	-0.8	7:14	5:01	
25	Fri	12:48	3.2	1:10	3.9	7:20	-0.7	8:00	-0.9	7:13	5:02	
26	Sat	1:42	3.3	2:03	3.8	8:12	-0.7	8:48	-0.9	7:12	5:03	
27	Sun	2:38	3.3	2:58	3.6	9:02	-0.6	9:34	-0.7	7:11	5:05	
28	Mon	3:33	3.2	3:52	3.4	9:53	-0.3	10:22	-0.5	7:10	5:06	
29	Tue	4:28	3.1	4:46	3.1	10:47	-0.1	11:12	-0.3	7:10	5:07	
30	Wed	5:20	3.0	5:38	2.9	11:48	0.1			7:09	5:08	
31	Thu	6:10	2.9	6:30	2.6	12:06	0.0	12:52	0.3	7:08	5:10	