US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:06	2.7	2:06	3.1	8:14	0.1	9:01	-0.1	7:22	4:35	
2	Thu	2:52	2.6	2:47	3.0	8:51	0.2	9:38	0.0	7:22	4:36	
3	Fri	3:39	2.5	3:28	2.9	9:27	0.4	10:14	0.1	7:22	4:37	
4	Sat	4:26	2.5	4:10	2.7	10:05	0.5	10:52	0.2	7:22	4:38	
5	Sun	5:09	2.5	4:51	2.6	10:50	0.6	11:35	0.3	7:22	4:39	
6	Mon	5:49	2.5	5:34	2.5	11:52	0.7			7:22	4:40	
7	Tue	6:29	2.6	6:20	2.4	12:25	0.4	1:04	0.7	7:22	4:41	
8	Wed	7:13	2.7	7:14	2.4	1:20	0.4	2:10	0.5	7:22	4:42	
9	Thu	8:04	2.9	8:21	2.4	2:15	0.3	3:09	0.3	7:22	4:43	
10	Fri	9:03	3.1	9:29	2.5	3:08	0.2	4:03	0.1	7:21	4:44	
11	Sat	9:58	3.3	10:27	2.6	4:00	0.0	4:56	-0.1	7:21	4:45	
12	Sun	10:49	3.6	11:18	2.8	4:52	-0.1	5:48	-0.4	7:21	4:46	
13	Mon	11:39	3.8			5:45	-0.3	6:39	-0.6	7:20	4:47	
14	Tue	12:08	2.9	12:28	3.9	6:39	-0.5	7:29	-0.7	7:20	4:49	
15	Wed	12:59	3.0	1:20	3.9	7:32	-0.6	8:17	-0.8	7:20	4:50	
16	Thu	1:54	3.1	2:15	3.8	8:24	-0.6	9:04	-0.8	7:19	4:51	
17	Fri	2:51	3.2	3:11	3.6	9:15	-0.5	9:52	-0.7	7:19	4:52	
18	Sat	3:50	3.2	4:09	3.4	10:09	-0.3	10:43	-0.6	7:18	4:53	
19	Sun	4:47	3.2	5:06	3.2	11:10	-0.1	11:38	-0.4	7:17	4:54	
20	Mon	5:43	3.2	6:01	3.0			12:17	0.1	7:17	4:56	
21	Tue	6:37	3.1	6:57	2.7	12:37	-0.2	1:25	0.1	7:16	4:57	
22	Wed	7:33	3.0	7:58	2.6	1:36	-0.1	2:29	0.1	7:15	4:58	
23	Thu	8:33	3.0	9:02	2.5	2:33	0.0	3:27	0.1	7:15	4:59	
24	Fri	9:33	3.0	10:02	2.5	3:27	0.1	4:20	0.0	7:14	5:01	
25	Sat	10:25	3.1	10:53	2.6	4:17	0.1	5:09	-0.1	7:13	5:02	
26	Sun	11:11	3.2	11:38	2.7	5:05	0.1	5:56	-0.1	7:12	5:03	
27	Mon	11:52	3.2			5:50	0.0	6:40	-0.2	7:12	5:04	
28	Tue	12:20	2.7	12:31	3.2	6:34	0.0	7:20	-0.2	7:11	5:06	
29	Wed	1:01	2.7	1:08	3.2	7:16	0.0	7:58	-0.2	7:10	5:07	
30	Thu	1:41	2.7	1:44	3.1	7:55	0.0	8:33	-0.2	7:09	5:08	
31	Fri	2:21	2.7	2:18	3.0	8:31	0.0	9:05	-0.1	7:08	5:09	