US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:45	3.3	11:11	2.5	4:42	0.2	5:34	0.0	7:22	4:35	
2	Fri	11:24	3.4	11:51	2.6	5:26	0.1	6:20	-0.2	7:22	4:36	
3	Sat			12:03	3.6	6:13	0.0	7:06	-0.3	7:22	4:37	
4	Sun	12:32	2.7	12:45	3.6	7:00	-0.1	7:51	-0.4	7:22	4:38	
5	Mon	1:16	2.8	1:30	3.6	7:46	-0.2	8:34	-0.5	7:22	4:39	
6	Tue	2:04	2.8	2:20	3.6	8:32	-0.2	9:17	-0.5	7:22	4:40	
7	Wed	2:58	2.9	3:14	3.4	9:21	-0.2	10:02	-0.4	7:22	4:41	
8	Thu	3:55	3.0	4:12	3.3	10:14	-0.1	10:52	-0.4	7:22	4:42	
9	Fri	4:53	3.0	5:09	3.1	11:18	0.1	11:49	-0.3	7:22	4:43	
10	Sat	5:48	3.1	6:06	2.9			12:29	0.1	7:21	4:44	
11	Sun	6:44	3.2	7:06	2.8	12:49	-0.2	1:40	0.1	7:21	4:45	
12	Mon	7:44	3.2	8:11	2.7	1:50	-0.2	2:45	0.1	7:21	4:46	
13	Tue	8:48	3.2	9:19	2.6	2:49	-0.1	3:44	-0.1	7:20	4:47	
14	Wed	9:50	3.3	10:20	2.7	3:45	-0.2	4:40	-0.2	7:20	4:48	
15	Thu	10:44	3.4	11:13	2.8	4:38	-0.2	5:32	-0.3	7:20	4:49	
16	Fri	11:32	3.4			5:30	-0.2	6:22	-0.4	7:19	4:51	
17	Sat	12:02	2.8	12:17	3.4	6:19	-0.2	7:09	-0.4	7:19	4:52	
18	Sun	12:48	2.9	1:00	3.4	7:06	-0.2	7:52	-0.4	7:18	4:53	
19	Mon	1:34	2.8	1:43	3.3	7:50	-0.1	8:32	-0.3	7:18	4:54	
20	Tue	2:19	2.8	2:25	3.1	8:31	0.0	9:10	-0.2	7:17	4:55	
21	Wed	3:04	2.7	3:08	3.0	9:10	0.1	9:46	-0.1	7:16	4:57	
22	Thu	3:50	2.7	3:51	2.8	9:48	0.2	10:21	0.1	7:16	4:58	
23	Fri	4:34	2.7	4:33	2.6	10:29	0.4	10:57	0.2	7:15	4:59	
24	Sat	5:16	2.6	5:15	2.4	11:19	0.6	11:38	0.4	7:14	5:00	
25	Sun	5:57	2.6	5:57	2.3			12:22	0.6	7:13	5:01	
26	Mon	6:38	2.6	6:44	2.2	12:28	0.4	1:29	0.6	7:13	5:03	
27	Tue	7:25	2.7	7:43	2.1	1:27	0.5	2:31	0.5	7:12	5:04	
28	Wed	8:21	2.8	8:53	2.2	2:26	0.5	3:27	0.4	7:11	5:05	
29	Thu	9:21	2.9	9:55	2.3	3:20	0.4	4:18	0.2	7:10	5:07	
30	Fri	10:15	3.1	10:46	2.5	4:12	0.2	5:08	-0.1	7:09	5:08	
31	Sat	11:02	3.4	11:31	2.7	5:03	0.0	5:56	-0.3	7:08	5:09	