US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2061

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:44	3.2	8:14	2.7	1:56	-0.1	2:54	0.1	7:22	4:36	
2	Sun	8:51	3.4	9:25	2.7	2:56	-0.2	3:55	-0.1	7:22	4:37	
3	Mon	9:54	3.5	10:28	2.8	3:53	-0.3	4:51	-0.3	7:22	4:38	
4	Tue	10:51	3.7	11:24	3.0	4:49	-0.3	5:46	-0.4	7:22	4:39	
5	Wed	11:43	3.7			5:44	-0.4	6:40	-0.6	7:22	4:40	
6	Thu	12:17	3.0	12:34	3.7	6:39	-0.4	7:30	-0.6	7:22	4:41	
7	Fri	1:09	3.0	1:24	3.6	7:30	-0.4	8:17	-0.6	7:22	4:42	
8	Sat	2:01	3.0	2:14	3.5	8:18	-0.3	9:02	-0.5	7:22	4:43	
9	Sun	2:54	3.0	3:05	3.3	9:05	-0.1	9:46	-0.4	7:21	4:44	
10	Mon	3:46	2.9	3:55	3.1	9:51	0.1	10:30	-0.2	7:21	4:45	
11	Tue	4:37	2.8	4:45	2.9	10:40	0.3	11:17	0.0	7:21	4:46	
12	Wed	5:24	2.8	5:32	2.7	11:36	0.4			7:21	4:47	
13	Thu	6:10	2.8	6:18	2.5	12:05	0.2	12:38	0.5	7:20	4:48	
14	Fri	6:55	2.7	7:07	2.3	12:56	0.3	1:39	0.6	7:20	4:49	
15	Sat	7:45	2.7	8:04	2.2	1:48	0.4	2:37	0.5	7:19	4:50	
16	Sun	8:39	2.8	9:06	2.2	2:38	0.4	3:29	0.4	7:19	4:51	
17	Mon	9:33	2.9	10:03	2.2	3:26	0.4	4:18	0.3	7:18	4:53	
18	Tue	10:22	3.0	10:50	2.4	4:13	0.3	5:04	0.1	7:18	4:54	
19	Wed	11:04	3.1	11:32	2.5	4:58	0.2	5:49	0.0	7:17	4:55	
20	Thu	11:43	3.3			5:43	0.1	6:33	-0.2	7:16	4:56	
21	Fri	12:10	2.6	12:19	3.4	6:28	0.0	7:14	-0.3	7:16	4:57	
22	Sat	12:47	2.7	12:56	3.4	7:11	-0.1	7:54	-0.4	7:15	4:59	
23	Sun	1:24	2.7	1:34	3.4	7:53	-0.2	8:31	-0.4	7:14	5:00	
24	Mon	2:04	2.8	2:16	3.3	8:34	-0.2	9:08	-0.4	7:14	5:01	
25	Tue	2:47	2.9	3:02	3.2	9:17	-0.2	9:46	-0.4	7:13	5:02	
26	Wed	3:36	3.0	3:54	3.1	10:04	-0.1	10:28	-0.3	7:12	5:04	
27	Thu	4:28	3.1	4:49	2.9	11:02	0.1	11:19	-0.2	7:11	5:05	
28	Fri	5:23	3.1	5:47	2.7			12:15	0.2	7:10	5:06	
29	Sat	6:19	3.1	6:49	2.6	12:21	-0.1	1:30	0.2	7:09	5:07	
30	Sun	7:22	3.1	7:59	2.5	1:31	0.0	2:39	0.1	7:08	5:09	
31	Mon	8:34	3.2	9:14	2.6	2:38	0.0	3:41	-0.1	7:07	5:10	