US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2062

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:11	3.1	5:22	3.0	11:24	0.2			7:22	4:36	
2	Mon	6:03	3.0	6:14	2.8	12:01	-0.1	12:28	0.3	7:22	4:37	
3	Tue	6:52	3.0	7:06	2.6	12:56	0.0	1:32	0.4	7:22	4:37	
4	Wed	7:44	2.9	8:02	2.4	1:50	0.2	2:31	0.4	7:22	4:38	
5	Thu	8:38	3.0	9:02	2.3	2:40	0.2	3:25	0.3	7:22	4:39	
6	Fri	9:31	3.0	9:58	2.4	3:28	0.3	4:14	0.2	7:22	4:40	
7	Sat	10:20	3.1	10:46	2.4	4:13	0.3	5:00	0.1	7:22	4:41	
8	Sun	11:03	3.2	11:30	2.5	4:57	0.2	5:45	0.0	7:22	4:42	
9	Mon	11:43	3.2			5:41	0.2	6:28	-0.1	7:22	4:43	
10	Tue	12:10	2.5	12:20	3.2	6:24	0.1	7:09	-0.1	7:21	4:44	
11	Wed	12:49	2.6	12:56	3.2	7:05	0.1	7:48	-0.2	7:21	4:46	
12	Thu	1:26	2.6	1:30	3.2	7:44	0.1	8:23	-0.2	7:21	4:47	
13	Fri	2:02	2.6	2:03	3.1	8:20	0.1	8:57	-0.2	7:20	4:48	
14	Sat	2:37	2.6	2:37	3.0	8:54	0.2	9:29	-0.1	7:20	4:49	
15	Sun	3:13	2.6	3:16	2.9	9:29	0.2	10:00	-0.1	7:19	4:50	
16	Mon	3:53	2.7	4:02	2.8	10:10	0.3	10:36	0.0	7:19	4:51	
17	Tue	4:38	2.8	4:53	2.7	11:05	0.4	11:22	0.1	7:18	4:52	
18	Wed	5:28	2.9	5:49	2.6			12:22	0.4	7:18	4:54	
19	Thu	6:22	3.0	6:50	2.5	12:23	0.1	1:42	0.3	7:17	4:55	
20	Fri	7:24	3.1	8:03	2.5	1:34	0.1	2:51	0.2	7:17	4:56	
21	Sat	8:36	3.3	9:20	2.5	2:43	0.0	3:53	-0.1	7:16	4:57	
22	Sun	9:47	3.4	10:26	2.7	3:47	-0.2	4:50	-0.3	7:15	4:58	
23	Mon	10:48	3.6	11:23	3.0	4:47	-0.3	5:45	-0.5	7:15	5:00	
24	Tue	11:43	3.8			5:45	-0.5	6:38	-0.7	7:14	5:01	
25	Wed	12:16	3.1	12:34	3.8	6:40	-0.6	7:28	-0.8	7:13	5:02	
26	Thu	1:08	3.2	1:25	3.7	7:33	-0.6	8:15	-0.8	7:12	5:03	
27	Fri	2:00	3.3	2:15	3.6	8:22	-0.6	8:59	-0.8	7:11	5:05	
28	Sat	2:52	3.3	3:06	3.4	9:10	-0.4	9:43	-0.6	7:10	5:06	
29	Sun	3:44	3.2	3:58	3.1	9:59	-0.2	10:28	-0.3	7:09	5:07	
30	Mon	4:35	3.1	4:49	2.9	10:50	0.0	11:15	-0.1	7:09	5:08	
31	Tue	5:23	3.0	5:38	2.6	11:49	0.3			7:08	5:10	