US HARBORS www.USHarbors.com

Poughkeepsie, NY - Jan 2063

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:24	2.6	1:32	3.2	7:41	0.1	8:21	-0.1	7:22	4:36	
2	Tue	2:05	2.6	2:11	3.1	8:19	0.2	8:56	-0.1	7:22	4:36	
3	Wed	2:48	2.6	2:49	3.0	8:55	0.3	9:30	0.0	7:22	4:37	
4	Thu	3:30	2.5	3:27	2.8	9:29	0.4	10:02	0.1	7:22	4:38	
5	Fri	4:11	2.5	4:06	2.7	10:04	0.5	10:34	0.2	7:22	4:39	
6	Sat	4:49	2.6	4:47	2.6	10:47	0.6	11:12	0.2	7:22	4:40	
7	Sun	5:25	2.6	5:32	2.5	11:51	0.7			7:22	4:41	
8	Mon	6:05	2.7	6:22	2.4	12:00	0.3	1:10	0.6	7:22	4:42	
9	Tue	6:53	2.8	7:22	2.3	1:00	0.3	2:19	0.5	7:22	4:43	
10	Wed	7:52	3.0	8:34	2.4	2:04	0.2	3:20	0.3	7:21	4:44	
11	Thu	8:59	3.2	9:44	2.5	3:06	0.1	4:16	0.0	7:21	4:45	
12	Fri	10:03	3.4	10:42	2.7	4:04	-0.1	5:10	-0.2	7:21	4:46	
13	Sat	10:59	3.7	11:35	2.9	5:00	-0.3	6:03	-0.5	7:20	4:47	
14	Sun	11:51	3.8			5:57	-0.5	6:54	-0.7	7:20	4:49	
15	Mon	12:27	3.1	12:42	3.9	6:52	-0.6	7:43	-0.8	7:20	4:50	
16	Tue	1:19	3.2	1:35	3.8	7:46	-0.7	8:30	-0.9	7:19	4:51	
17	Wed	2:14	3.3	2:29	3.7	8:37	-0.6	9:16	-0.8	7:19	4:52	
18	Thu	3:10	3.3	3:24	3.5	9:28	-0.5	10:04	-0.7	7:18	4:53	
19	Fri	4:06	3.3	4:20	3.2	10:22	-0.3	10:54	-0.5	7:17	4:54	
20	Sat	5:01	3.3	5:15	3.0	11:23	0.0	11:49	-0.2	7:17	4:56	
21	Sun	5:54	3.2	6:10	2.7			12:28	0.1	7:16	4:57	
22	Mon	6:46	3.1	7:06	2.5	12:48	0.0	1:35	0.2	7:15	4:58	
23	Tue	7:42	3.0	8:08	2.3	1:48	0.1	2:37	0.2	7:15	4:59	
24	Wed	8:43	2.9	9:14	2.3	2:45	0.2	3:34	0.2	7:14	5:01	
25	Thu	9:42	3.0	10:12	2.4	3:38	0.3	4:25	0.1	7:13	5:02	
26	Fri	10:33	3.0	11:01	2.5	4:27	0.2	5:13	0.0	7:12	5:03	
27	Sat	11:17	3.1	11:44	2.6	5:14	0.2	5:57	-0.1	7:12	5:04	
28	Sun	11:58	3.2			5:59	0.1	6:39	-0.1	7:11	5:06	
29	Mon	12:23	2.7	12:36	3.2	6:41	0.0	7:18	-0.2	7:10	5:07	
30	Tue	1:01	2.7	1:12	3.2	7:22	0.0	7:54	-0.2	7:09	5:08	
31	Wed	1:38	2.7	1:46	3.1	7:59	0.0	8:27	-0.2	7:08	5:09	