

Poughkeepsie, NY - Jan 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:38	2.9	7:46	2.6	1:54	0.2	2:39	0.4	7:22	4:35	
2	Thu	8:36	3.1	8:57	2.6	2:48	0.1	3:37	0.1	7:22	4:36	
3	Fri	9:36	3.4	10:01	2.8	3:41	-0.1	4:32	-0.2	7:22	4:37	
4	Sat	10:30	3.7	10:57	2.9	4:34	-0.2	5:26	-0.4	7:22	4:38	
5	Sun	11:22	3.9	11:50	3.1	5:28	-0.4	6:20	-0.6	7:22	4:39	
6	Mon			12:13	4.0	6:22	-0.5	7:12	-0.8	7:22	4:40	
7	Tue	12:43	3.1	1:05	4.0	7:17	-0.6	8:02	-0.8	7:22	4:41	
8	Wed	1:39	3.2	2:00	3.9	8:09	-0.6	8:51	-0.8	7:22	4:42	
9	Thu	2:37	3.2	2:58	3.7	9:01	-0.5	9:41	-0.7	7:22	4:43	
10	Fri	3:37	3.2	3:57	3.5	9:55	-0.3	10:32	-0.6	7:21	4:44	
11	Sat	4:36	3.1	4:54	3.3	10:54	-0.1	11:27	-0.4	7:21	4:45	
12	Sun	5:32	3.1	5:49	3.1	11:58	0.1			7:21	4:46	
13	Mon	6:26	3.0	6:43	2.8	12:25	-0.2	1:05	0.2	7:20	4:47	
14	Tue	7:19	3.0	7:39	2.7	1:23	-0.1	2:08	0.2	7:20	4:48	
15	Wed	8:15	3.0	8:39	2.5	2:18	0.0	3:06	0.2	7:20	4:50	
16	Thu	9:12	3.0	9:38	2.5	3:09	0.1	3:58	0.1	7:19	4:51	
17	Fri	10:04	3.1	10:30	2.6	3:57	0.1	4:47	0.0	7:19	4:52	
18	Sat	10:49	3.1	11:15	2.6	4:42	0.1	5:33	-0.1	7:18	4:53	
19	Sun	11:30	3.2	11:57	2.7	5:26	0.1	6:16	-0.1	7:17	4:54	
20	Mon			12:08	3.2	6:09	0.0	6:58	-0.2	7:17	4:55	
21	Tue	12:38	2.7	12:45	3.2	6:51	0.0	7:37	-0.2	7:16	4:57	
22	Wed	1:18	2.7	1:19	3.2	7:31	0.0	8:14	-0.2	7:16	4:58	
23	Thu	1:57	2.7	1:52	3.1	8:08	0.0	8:48	-0.2	7:15	4:59	
24	Fri	2:36	2.6	2:23	3.0	8:42	0.1	9:21	-0.1	7:14	5:00	
25	Sat	3:13	2.6	2:56	2.9	9:16	0.2	9:51	0.0	7:13	5:02	
26	Sun	3:50	2.6	3:34	2.8	9:50	0.3	10:22	0.1	7:12	5:03	
27	Mon	4:29	2.7	4:19	2.7	10:33	0.3	10:59	0.1	7:12	5:04	
28	Tue	5:10	2.7	5:11	2.6	11:32	0.4	11:50	0.2	7:11	5:05	
29	Wed	5:58	2.8	6:07	2.5			12:53	0.4	7:10	5:07	
30	Thu	6:52	3.0	7:11	2.5	1:00	0.2	2:08	0.3	7:09	5:08	
31	Fri	7:57	3.1	8:28	2.5	2:11	0.1	3:13	0.1	7:08	5:09	