

Poughkeepsie, NY - Jan 2079

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:20	3.3	11:45	2.5	5:15	0.2	6:04	0.0	7:22	4:36	
2	Mon	11:56	3.3			5:58	0.2	6:47	-0.1	7:22	4:36	
3	Tue	12:24	2.6	12:31	3.3	6:40	0.1	7:28	-0.2	7:22	4:37	
4	Wed	1:01	2.6	1:05	3.3	7:20	0.1	8:06	-0.2	7:22	4:38	
5	Thu	1:38	2.6	1:40	3.3	7:59	0.1	8:43	-0.2	7:22	4:39	
6	Fri	2:15	2.6	2:18	3.2	8:36	0.1	9:19	-0.2	7:22	4:40	
7	Sat	2:57	2.6	3:02	3.1	9:14	0.1	9:56	-0.2	7:22	4:41	
8	Sun	3:43	2.7	3:52	3.0	9:57	0.2	10:37	-0.1	7:22	4:42	
9	Mon	4:34	2.8	4:46	2.9	10:53	0.3	11:26	0.0	7:21	4:43	
10	Tue	5:25	2.9	5:42	2.8			12:07	0.3	7:21	4:44	
11	Wed	6:19	3.0	6:42	2.7	12:26	0.0	1:25	0.3	7:21	4:45	
12	Thu	7:19	3.2	7:49	2.6	1:30	0.0	2:34	0.1	7:21	4:46	
13	Fri	8:26	3.3	9:03	2.6	2:34	-0.1	3:37	0.0	7:20	4:48	
14	Sat	9:34	3.4	10:10	2.8	3:34	-0.2	4:35	-0.2	7:20	4:49	
15	Sun	10:35	3.6	11:08	2.9	4:32	-0.3	5:30	-0.4	7:19	4:50	
16	Mon	11:29	3.7			5:29	-0.4	6:24	-0.6	7:19	4:51	
17	Tue	12:02	3.0	12:20	3.7	6:24	-0.5	7:15	-0.7	7:18	4:52	
18	Wed	12:54	3.1	1:10	3.7	7:17	-0.5	8:03	-0.7	7:18	4:53	
19	Thu	1:46	3.1	2:00	3.5	8:06	-0.4	8:48	-0.6	7:17	4:55	
20	Fri	2:37	3.1	2:50	3.4	8:52	-0.3	9:31	-0.5	7:17	4:56	
21	Sat	3:29	3.0	3:40	3.1	9:38	-0.1	10:14	-0.3	7:16	4:57	
22	Sun	4:19	2.9	4:29	2.9	10:26	0.1	10:58	-0.1	7:15	4:58	
23	Mon	5:07	2.9	5:17	2.7	11:19	0.3	11:46	0.2	7:15	4:59	
24	Tue	5:53	2.8	6:04	2.5			12:19	0.5	7:14	5:01	
25	Wed	6:38	2.8	6:52	2.3	12:37	0.3	1:22	0.5	7:13	5:02	
26	Thu	7:27	2.7	7:48	2.2	1:30	0.4	2:22	0.5	7:12	5:03	
27	Fri	8:22	2.7	8:51	2.1	2:23	0.5	3:16	0.4	7:11	5:04	
28	Sat	9:20	2.8	9:51	2.2	3:14	0.4	4:06	0.3	7:10	5:06	
29	Sun	10:11	2.9	10:41	2.3	4:03	0.4	4:52	0.2	7:10	5:07	
30	Mon	10:56	3.1	11:24	2.5	4:49	0.3	5:37	0.0	7:09	5:08	
31	Tue	11:35	3.2			5:34	0.1	6:21	-0.1	7:08	5:10	