

Poughkeepsie, NY - Jan 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:37	2.9	12:51	3.5	7:01	-0.1	7:37	-0.3	7:22	4:36	
2	Mon	1:19	2.9	1:32	3.4	7:42	-0.1	8:16	-0.3	7:22	4:37	
3	Tue	2:01	2.8	2:12	3.2	8:21	0.0	8:53	-0.2	7:22	4:38	
4	Wed	2:45	2.7	2:53	3.1	8:58	0.1	9:29	-0.1	7:22	4:39	
5	Thu	3:29	2.7	3:35	2.9	9:34	0.3	10:04	0.0	7:22	4:40	
6	Fri	4:14	2.6	4:17	2.8	10:11	0.4	10:40	0.1	7:22	4:40	
7	Sat	4:56	2.6	4:59	2.6	10:56	0.6	11:22	0.2	7:22	4:41	
8	Sun	5:35	2.6	5:42	2.5	11:59	0.6			7:22	4:43	
9	Mon	6:14	2.6	6:29	2.5	12:14	0.3	1:10	0.6	7:21	4:44	
10	Tue	6:59	2.7	7:24	2.4	1:14	0.3	2:14	0.5	7:21	4:45	
11	Wed	7:54	2.9	8:30	2.5	2:13	0.2	3:12	0.3	7:21	4:46	
12	Thu	8:56	3.1	9:35	2.6	3:08	0.1	4:05	0.0	7:20	4:47	
13	Fri	9:54	3.3	10:30	2.8	4:01	-0.1	4:56	-0.2	7:20	4:48	
14	Sat	10:46	3.6	11:20	3.0	4:53	-0.3	5:47	-0.5	7:20	4:49	
15	Sun	11:35	3.8			5:46	-0.5	6:37	-0.7	7:19	4:50	
16	Mon	12:09	3.2	12:24	3.9	6:39	-0.7	7:26	-0.8	7:19	4:51	
17	Tue	1:00	3.3	1:15	3.9	7:32	-0.8	8:14	-0.9	7:18	4:53	
18	Wed	1:53	3.4	2:08	3.8	8:22	-0.8	9:01	-0.9	7:18	4:54	
19	Thu	2:49	3.4	3:05	3.6	9:14	-0.7	9:50	-0.8	7:17	4:55	
20	Fri	3:47	3.4	4:04	3.4	10:07	-0.5	10:42	-0.6	7:16	4:56	
21	Sat	4:45	3.3	5:02	3.2	11:07	-0.3	11:40	-0.4	7:16	4:57	
22	Sun	5:42	3.3	5:59	3.0			12:13	-0.1	7:15	4:59	
23	Mon	6:37	3.2	6:57	2.8	12:41	-0.2	1:20	0.0	7:14	5:00	
24	Tue	7:35	3.1	7:58	2.6	1:42	-0.1	2:23	0.1	7:14	5:01	
25	Wed	8:35	3.1	9:03	2.6	2:40	0.0	3:21	0.0	7:13	5:02	
26	Thu	9:34	3.1	10:01	2.6	3:34	0.0	4:13	-0.1	7:12	5:04	
27	Fri	10:26	3.2	10:51	2.7	4:24	0.0	5:02	-0.1	7:11	5:05	
28	Sat	11:11	3.3	11:35	2.8	5:11	-0.1	5:48	-0.2	7:10	5:06	
29	Sun	11:52	3.3			5:56	-0.1	6:31	-0.3	7:09	5:07	
30	Mon	12:16	2.8	12:32	3.3	6:39	-0.1	7:11	-0.3	7:08	5:09	
31	Tue	12:55	2.9	1:09	3.3	7:20	-0.1	7:49	-0.3	7:07	5:10	