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# Middle Hooper Island, MD - Jan 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | | | 12:11 | 1.8 | 5:17 | -0.8 | 7:30 | -0.2 | 7:21 | 4:55 | |
| 2 | Fri | 12:01 | 0.7 | 1:09 | 1.8 | 6:13 | -0.9 | 8:26 | -0.2 | 7:21 | 4:56 | |
| 3 | Sat | 12:57 | 0.7 | 2:06 | 1.8 | 7:14 | -0.9 | 9:17 | -0.2 | 7:21 | 4:56 | |
| 4 | Sun | 1:54 | 0.8 | 2:59 | 1.7 | 8:18 | -0.9 | 10:03 | -0.3 | 7:21 | 4:57 | |
| 5 | Mon | 2:50 | 0.8 | 3:46 | 1.6 | 9:18 | -0.8 | 10:46 | -0.3 | 7:21 | 4:58 | |
| 6 | Tue | 3:44 | 0.9 | 4:31 | 1.4 | 10:15 | -0.7 | 11:30 | -0.3 | 7:21 | 4:59 | |
| 7 | Wed | 4:40 | 0.9 | 5:16 | 1.2 | 11:14 | -0.5 | | | 7:21 | 5:00 | |
| 8 | Thu | 5:41 | 1.0 | 6:04 | 1.1 | 12:12 | -0.4 | 12:16 | -0.3 | 7:21 | 5:01 | |
| 9 | Fri | 6:45 | 1.0 | 6:51 | 0.9 | 12:52 | -0.4 | 1:18 | -0.1 | 7:21 | 5:02 | |
| 10 | Sat | 7:44 | 1.1 | 7:38 | 0.8 | 1:30 | -0.5 | 2:20 | 0.0 | 7:21 | 5:03 | |
| 11 | Sun | 8:38 | 1.1 | 8:25 | 0.6 | 2:07 | -0.5 | 3:28 | 0.1 | 7:21 | 5:04 | |
| 12 | Mon | 9:34 | 1.1 | 9:16 | 0.6 | 2:47 | -0.5 | 4:38 | 0.1 | 7:21 | 5:05 | |
| 13 | Tue | 10:29 | 1.2 | 10:10 | 0.5 | 3:31 | -0.5 | 5:34 | 0.0 | 7:20 | 5:06 | |
| 14 | Wed | 11:19 | 1.2 | 11:01 | 0.5 | 4:20 | -0.5 | 6:22 | 0.0 | 7:20 | 5:07 | |
| 15 | Thu | | | 12:04 | 1.3 | 5:05 | -0.5 | 7:08 | -0.1 | 7:20 | 5:08 | |
| 16 | Fri | | | 12:47 | 1.3 | 5:47 | -0.6 | 7:53 | -0.1 | 7:19 | 5:09 | |
| 17 | Sat | 12:29 | 0.5 | 1:29 | 1.4 | 6:29 | -0.6 | 8:34 | -0.1 | 7:19 | 5:10 | |
| 18 | Sun | 1:12 | 0.5 | 2:08 | 1.4 | 7:13 | -0.7 | 9:12 | -0.2 | 7:18 | 5:11 | |
| 19 | Mon | 1:56 | 0.6 | 2:44 | 1.4 | 8:01 | -0.7 | 9:46 | -0.2 | 7:18 | 5:12 | |
| 20 | Tue | 2:40 | 0.7 | 3:17 | 1.4 | 8:50 | -0.6 | 10:18 | -0.3 | 7:17 | 5:13 | |
| 21 | Wed | 3:22 | 0.8 | 3:50 | 1.3 | 9:38 | -0.5 | 10:49 | -0.4 | 7:17 | 5:14 | |
| 22 | Thu | 4:05 | 0.9 | 4:25 | 1.2 | 10:28 | -0.4 | 11:20 | -0.5 | 7:16 | 5:16 | |
| 23 | Fri | 4:53 | 1.0 | 5:06 | 1.1 | 11:27 | -0.3 | 11:52 | -0.5 | 7:16 | 5:17 | |
| 24 | Sat | 5:48 | 1.1 | 5:54 | 0.9 | | | 12:35 | -0.2 | 7:15 | 5:18 | |
| 25 | Sun | 6:48 | 1.2 | 6:48 | 0.8 | 12:27 | -0.6 | 1:45 | -0.1 | 7:14 | 5:19 | |
| 26 | Mon | 7:47 | 1.3 | 7:44 | 0.7 | 1:06 | -0.6 | 2:59 | -0.1 | 7:14 | 5:20 | |
| 27 | Tue | 8:49 | 1.4 | 8:43 | 0.6 | 1:52 | -0.7 | 4:17 | -0.1 | 7:13 | 5:21 | |
| 28 | Wed | 9:58 | 1.4 | 9:47 | 0.6 | 2:52 | -0.7 | 5:23 | -0.1 | 7:12 | 5:22 | |
| 29 | Thu | 11:05 | 1.5 | 10:51 | 0.6 | 4:08 | -0.8 | 6:20 | -0.2 | 7:11 | 5:23 | |
| 30 | Fri | | | 12:06 | 1.5 | 5:17 | -0.8 | 7:13 | -0.2 | 7:11 | 5:25 | |
| 31 | Sat | | | 1:03 | 1.5 | 6:18 | -0.9 | 8:03 | -0.2 | 7:10 | 5:26 | |