


































Chincoteague Island, USCG Station, VA - Jan 2045

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 6:11 | 1.7 | 6:23 | 1.2 | | | 12:58 | -0.2 | 7:17 | 4:53 |  |
| 2 | Mon | 7:05 | 1.8 | 7:16 | 1.3 | 12:36 | -0.5 | 1:50 | -0.3 | 7:17 | 4:54 |  |
| 3 | Tue | 7:56 | 1.9 | 8:07 | 1.4 | 1:34 | -0.5 | 2:39 | -0.3 | 7:17 | 4:55 |  |
| 4 | Wed | 8:47 | 1.9 | 8:59 | 1.5 | 2:29 | -0.6 | 3:26 | -0.3 | 7:17 | 4:55 |  |
| 5 | Thu | 9:36 | 1.8 | 9:50 | 1.6 | 3:24 | -0.6 | 4:13 | -0.3 | 7:17 | 4:56 |  |
| 6 | Fri | 10:24 | 1.7 | 10:43 | 1.6 | 4:19 | -0.5 | 5:00 | -0.3 | 7:17 | 4:57 |  |
| 7 | Sat | 11:12 | 1.6 | 11:37 | 1.6 | 5:15 | -0.4 | 5:48 | -0.3 | 7:17 | 4:58 |  |
| 8 | Sun | | | 12:01 | 1.5 | 6:12 | -0.3 | 6:36 | -0.3 | 7:17 | 4:59 |  |
| 9 | Mon | 12:33 | 1.5 | 12:54 | 1.3 | 7:10 | -0.2 | 7:27 | -0.2 | 7:17 | 5:00 |  |
| 10 | Tue | 1:33 | 1.5 | 1:51 | 1.2 | 8:10 | -0.1 | 8:19 | -0.2 | 7:17 | 5:01 |  |
| 11 | Wed | 2:35 | 1.4 | 2:51 | 1.1 | 9:11 | 0.0 | 9:13 | -0.2 | 7:16 | 5:02 |  |
| 12 | Thu | 3:37 | 1.4 | 3:52 | 1.0 | 10:12 | 0.0 | 10:08 | -0.2 | 7:16 | 5:03 |  |
| 13 | Fri | 4:35 | 1.4 | 4:49 | 1.0 | 11:11 | 0.0 | 11:03 | -0.2 | 7:16 | 5:04 |  |
| 14 | Sat | 5:28 | 1.4 | 5:41 | 1.0 | | | 12:06 | -0.1 | 7:16 | 5:05 |  |
| 15 | Sun | 6:16 | 1.4 | 6:28 | 1.0 | | | 12:54 | -0.1 | 7:15 | 5:06 |  |
| 16 | Mon | 7:00 | 1.5 | 7:11 | 1.0 | 12:42 | -0.3 | 1:37 | -0.2 | 7:15 | 5:07 |  |
| 17 | Tue | 7:42 | 1.4 | 7:52 | 1.0 | 1:26 | -0.3 | 2:16 | -0.2 | 7:14 | 5:08 |  |
| 18 | Wed | 8:21 | 1.4 | 8:31 | 1.1 | 2:06 | -0.4 | 2:53 | -0.3 | 7:14 | 5:09 |  |
| 19 | Thu | 8:58 | 1.4 | 9:07 | 1.1 | 2:45 | -0.4 | 3:26 | -0.3 | 7:14 | 5:10 |  |
| 20 | Fri | 9:33 | 1.3 | 9:43 | 1.1 | 3:23 | -0.4 | 3:58 | -0.3 | 7:13 | 5:11 |  |
| 21 | Sat | 10:06 | 1.2 | 10:18 | 1.1 | 4:00 | -0.4 | 4:28 | -0.3 | 7:12 | 5:12 |  |
| 22 | Sun | 10:38 | 1.2 | 10:53 | 1.1 | 4:40 | -0.4 | 4:58 | -0.3 | 7:12 | 5:14 |  |
| 23 | Mon | 11:11 | 1.1 | 11:33 | 1.2 | 5:23 | -0.3 | 5:29 | -0.3 | 7:11 | 5:15 |  |
| 24 | Tue | 11:48 | 1.0 | | | 6:13 | -0.2 | 6:06 | -0.3 | 7:11 | 5:16 |  |
| 25 | Wed | 12:21 | 1.2 | 12:35 | 0.9 | 7:12 | -0.2 | 6:53 | -0.3 | 7:10 | 5:17 |  |
| 26 | Thu | 1:21 | 1.2 | 1:36 | 0.8 | 8:18 | -0.1 | 7:50 | -0.3 | 7:09 | 5:18 |  |
| 27 | Fri | 2:34 | 1.2 | 2:51 | 0.8 | 9:28 | -0.1 | 8:57 | -0.3 | 7:09 | 5:19 |  |
| 28 | Sat | 3:48 | 1.3 | 4:03 | 0.9 | 10:36 | -0.1 | 10:09 | -0.4 | 7:08 | 5:20 |  |
| 29 | Sun | 4:54 | 1.4 | 5:07 | 1.0 | 11:40 | -0.2 | 11:20 | -0.5 | 7:07 | 5:21 |  |
| 30 | Mon | 5:54 | 1.6 | 6:05 | 1.1 | | | 12:37 | -0.3 | 7:06 | 5:22 |  |
| 31 | Tue | 6:49 | 1.7 | 6:59 | 1.3 | 12:24 | -0.6 | 1:28 | -0.3 | 7:05 | 5:24 |  |