

## Metompkin Inlet, VA - Jan 1996

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 5:10  | 3.6 | 5:17  | 2.8 | 11:21 | 0.3  | 11:10 | -0.1 | 7:17                                                                                | 4:54 |    |
| 2    | Tue | 5:56  | 3.7 | 6:03  | 2.8 |       |      | 12:11 | 0.3  | 7:17                                                                                | 4:54 |    |
| 3    | Wed | 6:38  | 3.8 | 6:46  | 2.9 |       |      | 12:53 | 0.2  | 7:17                                                                                | 4:55 |    |
| 4    | Thu | 7:19  | 4.0 | 7:28  | 3.0 | 12:38 | -0.2 | 1:31  | 0.1  | 7:17                                                                                | 4:56 |    |
| 5    | Fri | 7:59  | 4.1 | 8:10  | 3.1 | 1:18  | -0.3 | 2:07  | 0.0  | 7:17                                                                                | 4:57 |    |
| 6    | Sat | 8:39  | 4.1 | 8:51  | 3.2 | 1:57  | -0.3 | 2:43  | 0.0  | 7:17                                                                                | 4:58 |    |
| 7    | Sun | 9:18  | 4.1 | 9:32  | 3.2 | 2:36  | -0.3 | 3:20  | 0.0  | 7:17                                                                                | 4:59 |    |
| 8    | Mon | 9:57  | 4.1 | 10:13 | 3.2 | 3:16  | -0.2 | 3:57  | 0.1  | 7:17                                                                                | 5:00 |    |
| 9    | Tue | 10:35 | 4.0 | 10:53 | 3.2 | 3:56  | -0.1 | 4:36  | 0.1  | 7:17                                                                                | 5:01 |    |
| 10   | Wed | 11:14 | 3.8 | 11:36 | 3.3 | 4:39  | 0.1  | 5:17  | 0.2  | 7:17                                                                                | 5:01 |    |
| 11   | Thu | 11:55 | 3.7 |       |     | 5:25  | 0.3  | 6:00  | 0.2  | 7:17                                                                                | 5:02 |    |
| 12   | Fri | 12:21 | 3.3 | 12:39 | 3.5 | 6:16  | 0.4  | 6:46  | 0.2  | 7:17                                                                                | 5:03 |    |
| 13   | Sat | 1:12  | 3.4 | 1:30  | 3.3 | 7:12  | 0.4  | 7:36  | 0.1  | 7:16                                                                                | 5:04 |   |
| 14   | Sun | 2:09  | 3.5 | 2:27  | 3.2 | 8:12  | 0.4  | 8:29  | 0.0  | 7:16                                                                                | 5:05 |  |
| 15   | Mon | 3:10  | 3.8 | 3:28  | 3.2 | 9:15  | 0.3  | 9:26  | -0.2 | 7:16                                                                                | 5:06 |  |
| 16   | Tue | 4:12  | 4.0 | 4:30  | 3.2 | 10:18 | 0.1  | 10:25 | -0.5 | 7:16                                                                                | 5:07 |  |
| 17   | Wed | 5:11  | 4.4 | 5:29  | 3.3 | 11:21 | -0.2 | 11:24 | -0.8 | 7:15                                                                                | 5:09 |  |
| 18   | Thu | 6:08  | 4.6 | 6:26  | 3.5 |       |      | 12:20 | -0.5 | 7:15                                                                                | 5:10 |  |
| 19   | Fri | 7:04  | 4.9 | 7:22  | 3.7 | 12:21 | -1.1 | 1:14  | -0.8 | 7:14                                                                                | 5:11 |  |
| 20   | Sat | 7:57  | 5.0 | 8:16  | 3.8 | 1:17  | -1.4 | 2:06  | -1.1 | 7:14                                                                                | 5:12 |  |
| 21   | Sun | 8:49  | 4.9 | 9:10  | 3.9 | 2:10  | -1.5 | 2:56  | -1.2 | 7:13                                                                                | 5:13 |  |
| 22   | Mon | 9:40  | 4.8 | 10:02 | 3.9 | 3:03  | -1.5 | 3:45  | -1.2 | 7:13                                                                                | 5:14 |  |
| 23   | Tue | 10:29 | 4.5 | 10:53 | 3.8 | 3:56  | -1.3 | 4:34  | -1.0 | 7:12                                                                                | 5:15 |  |
| 24   | Wed | 11:18 | 4.1 | 11:45 | 3.7 | 4:50  | -1.0 | 5:24  | -0.8 | 7:12                                                                                | 5:16 |  |
| 25   | Thu |       |     | 12:07 | 3.7 | 5:46  | -0.6 | 6:15  | -0.6 | 7:11                                                                                | 5:17 |  |
| 26   | Fri | 12:38 | 3.6 | 12:58 | 3.3 | 6:43  | -0.2 | 7:06  | -0.3 | 7:10                                                                                | 5:18 |  |
| 27   | Sat | 1:35  | 3.4 | 1:51  | 2.9 | 7:43  | 0.1  | 7:58  | -0.1 | 7:10                                                                                | 5:19 |  |
| 28   | Sun | 2:35  | 3.3 | 2:49  | 2.7 | 8:44  | 0.4  | 8:51  | 0.0  | 7:09                                                                                | 5:20 |  |
| 29   | Mon | 3:37  | 3.3 | 3:49  | 2.6 | 9:47  | 0.5  | 9:44  | 0.1  | 7:08                                                                                | 5:22 |  |
| 30   | Tue | 4:36  | 3.3 | 4:44  | 2.6 | 10:48 | 0.5  | 10:37 | 0.1  | 7:08                                                                                | 5:23 |  |
| 31   | Wed | 5:27  | 3.5 | 5:34  | 2.7 | 11:41 | 0.5  | 11:27 | 0.0  | 7:07                                                                                | 5:24 |  |