

Metompkin Inlet, VA - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:33	3.4	4:42	2.8	10:38	0.5	10:36	0.1	7:17	4:54	
2	Sun	5:21	3.5	5:29	2.8	11:32	0.4	11:21	0.0	7:17	4:54	
3	Mon	6:04	3.7	6:13	2.8			12:19	0.3	7:17	4:55	
4	Tue	6:46	3.9	6:56	2.9	12:03	0.0	1:00	0.2	7:17	4:56	
5	Wed	7:26	4.0	7:38	3.0	12:44	-0.1	1:38	0.1	7:17	4:57	
6	Thu	8:07	4.1	8:19	3.0	1:24	-0.2	2:15	0.1	7:17	4:58	
7	Fri	8:47	4.2	9:00	3.1	2:03	-0.2	2:53	0.1	7:17	4:59	
8	Sat	9:27	4.2	9:41	3.1	2:43	-0.2	3:31	0.1	7:17	5:00	
9	Sun	10:07	4.2	10:22	3.1	3:23	-0.2	4:10	0.1	7:17	5:01	
10	Mon	10:47	4.1	11:04	3.1	4:04	-0.1	4:51	0.1	7:17	5:02	
11	Tue	11:27	3.9	11:49	3.2	4:49	0.1	5:34	0.2	7:17	5:02	
12	Wed			12:10	3.8	5:39	0.2	6:20	0.1	7:17	5:03	
13	Thu	12:38	3.3	12:58	3.6	6:34	0.3	7:08	0.1	7:16	5:04	
14	Fri	1:33	3.4	1:52	3.4	7:33	0.3	7:59	0.0	7:16	5:05	
15	Sat	2:33	3.6	2:52	3.3	8:36	0.3	8:54	-0.2	7:16	5:06	
16	Sun	3:35	3.9	3:54	3.2	9:40	0.1	9:51	-0.4	7:16	5:08	
17	Mon	4:36	4.2	4:55	3.2	10:45	-0.1	10:49	-0.6	7:15	5:09	
18	Tue	5:35	4.5	5:54	3.3	11:48	-0.4	11:47	-0.9	7:15	5:10	
19	Wed	6:32	4.7	6:50	3.4			12:46	-0.6	7:14	5:11	
20	Thu	7:27	4.9	7:45	3.5	12:43	-1.2	1:40	-0.9	7:14	5:12	
21	Fri	8:20	4.9	8:39	3.6	1:37	-1.3	2:31	-1.0	7:13	5:13	
22	Sat	9:12	4.9	9:31	3.6	2:30	-1.4	3:21	-1.0	7:13	5:14	
23	Sun	10:02	4.6	10:22	3.6	3:22	-1.3	4:10	-0.9	7:12	5:15	
24	Mon	10:50	4.3	11:12	3.5	4:14	-1.0	4:58	-0.7	7:12	5:16	
25	Tue	11:38	4.0			5:07	-0.7	5:47	-0.5	7:11	5:17	
26	Wed	12:03	3.4	12:25	3.6	6:02	-0.3	6:35	-0.3	7:10	5:18	
27	Thu	12:55	3.3	1:15	3.2	6:59	0.0	7:24	-0.1	7:10	5:19	
28	Fri	1:51	3.2	2:08	2.8	7:57	0.3	8:12	0.1	7:09	5:20	
29	Sat	2:49	3.2	3:04	2.6	8:57	0.5	9:02	0.2	7:08	5:22	
30	Sun	3:48	3.2	4:01	2.6	9:58	0.6	9:53	0.3	7:08	5:23	
31	Mon	4:43	3.3	4:54	2.6	10:56	0.6	10:43	0.2	7:07	5:24	