

Metompkin Inlet, VA - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:43	3.2	3:54	2.7	9:47	0.6	9:47	0.3	7:17	4:54	
2	Fri	4:35	3.4	4:45	2.6	10:46	0.6	10:33	0.3	7:17	4:54	
3	Sat	5:22	3.6	5:32	2.6	11:39	0.6	11:18	0.2	7:17	4:55	
4	Sun	6:06	3.7	6:16	2.7			12:24	0.5	7:17	4:56	
5	Mon	6:49	3.9	6:59	2.8	12:02	0.1	1:05	0.4	7:17	4:57	
6	Tue	7:31	4.1	7:42	2.9	12:44	0.0	1:44	0.3	7:17	4:58	
7	Wed	8:13	4.2	8:24	2.9	1:25	-0.1	2:22	0.2	7:17	4:59	
8	Thu	8:54	4.2	9:05	3.0	2:06	-0.2	3:00	0.2	7:17	5:00	
9	Fri	9:35	4.2	9:47	3.0	2:46	-0.2	3:40	0.1	7:17	5:01	
10	Sat	10:15	4.2	10:29	3.1	3:28	-0.2	4:20	0.1	7:17	5:02	
11	Sun	10:55	4.1	11:13	3.2	4:12	-0.1	5:02	0.1	7:17	5:02	
12	Mon	11:37	3.9			5:00	0.0	5:45	0.1	7:17	5:03	
13	Tue	12:00	3.3	12:21	3.7	5:53	0.1	6:31	0.0	7:16	5:04	
14	Wed	12:52	3.4	1:11	3.5	6:51	0.2	7:19	0.0	7:16	5:05	
15	Thu	1:49	3.5	2:08	3.2	7:54	0.3	8:11	-0.1	7:16	5:06	
16	Fri	2:51	3.8	3:10	3.0	8:59	0.2	9:07	-0.2	7:16	5:08	
17	Sat	3:55	4.0	4:13	2.9	10:07	0.1	10:06	-0.4	7:15	5:09	
18	Sun	4:57	4.3	5:15	2.9	11:13	-0.1	11:06	-0.6	7:15	5:10	
19	Mon	5:57	4.5	6:14	3.0			12:15	-0.3	7:14	5:11	
20	Tue	6:54	4.7	7:10	3.1	12:05	-0.9	1:12	-0.5	7:14	5:12	
21	Wed	7:49	4.8	8:04	3.2	1:01	-1.1	2:04	-0.6	7:13	5:13	
22	Thu	8:41	4.7	8:56	3.3	1:54	-1.2	2:52	-0.7	7:13	5:14	
23	Fri	9:31	4.6	9:46	3.4	2:46	-1.2	3:39	-0.7	7:12	5:15	
24	Sat	10:17	4.4	10:35	3.4	3:36	-1.0	4:25	-0.6	7:12	5:16	
25	Sun	11:02	4.0	11:23	3.3	4:27	-0.7	5:09	-0.4	7:11	5:17	
26	Mon	11:46	3.7			5:18	-0.4	5:53	-0.2	7:10	5:18	
27	Tue	12:11	3.3	12:31	3.3	6:11	0.0	6:37	0.0	7:10	5:19	
28	Wed	1:00	3.2	1:18	2.9	7:06	0.3	7:22	0.2	7:09	5:21	
29	Thu	1:53	3.2	2:09	2.6	8:03	0.5	8:08	0.3	7:08	5:22	
30	Fri	2:50	3.2	3:05	2.5	9:01	0.7	8:56	0.4	7:08	5:23	
31	Sat	3:49	3.2	4:02	2.4	10:02	0.8	9:48	0.4	7:07	5:24	