

Metompkin Inlet, VA - Jan 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:08	3.6	5:31	0.4	6:16	0.5	7:17	4:54	
2	Sun	12:32	3.0	12:51	3.4	6:23	0.5	7:00	0.4	7:17	4:55	
3	Mon	1:23	3.2	1:40	3.2	7:19	0.6	7:45	0.3	7:17	4:56	
4	Tue	2:18	3.4	2:35	3.1	8:20	0.6	8:35	0.2	7:17	4:57	
5	Wed	3:17	3.6	3:35	3.0	9:22	0.5	9:28	0.0	7:17	4:58	
6	Thu	4:17	4.0	4:34	3.0	10:26	0.3	10:24	-0.2	7:17	4:59	
7	Fri	5:15	4.3	5:32	3.0	11:29	0.0	11:21	-0.5	7:17	4:59	
8	Sat	6:11	4.7	6:29	3.1			12:28	-0.3	7:17	5:00	
9	Sun	7:07	4.9	7:24	3.3	12:18	-0.8	1:24	-0.5	7:17	5:01	
10	Mon	8:02	5.0	8:19	3.4	1:14	-1.1	2:16	-0.7	7:17	5:02	
11	Tue	8:56	5.1	9:13	3.5	2:08	-1.3	3:07	-0.8	7:17	5:03	
12	Wed	9:48	4.9	10:06	3.5	3:01	-1.3	3:57	-0.8	7:16	5:04	
13	Thu	10:38	4.7	11:00	3.5	3:56	-1.1	4:47	-0.7	7:16	5:05	
14	Fri	11:28	4.3	11:53	3.5	4:52	-0.8	5:37	-0.6	7:16	5:06	
15	Sat			12:17	3.8	5:50	-0.5	6:27	-0.4	7:16	5:07	
16	Sun	12:49	3.5	1:09	3.4	6:51	-0.1	7:17	-0.3	7:15	5:08	
17	Mon	1:47	3.4	2:03	2.9	7:54	0.2	8:07	-0.1	7:15	5:09	
18	Tue	2:48	3.4	3:01	2.6	8:58	0.4	8:57	0.1	7:14	5:10	
19	Wed	3:49	3.4	4:00	2.5	10:05	0.5	9:49	0.2	7:14	5:11	
20	Thu	4:47	3.5	4:56	2.4	11:09	0.5	10:42	0.2	7:13	5:13	
21	Fri	5:38	3.6	5:45	2.5			12:03	0.5	7:13	5:14	
22	Sat	6:24	3.7	6:30	2.6			12:47	0.4	7:12	5:15	
23	Sun	7:08	3.8	7:13	2.7	12:18	0.0	1:25	0.3	7:12	5:16	
24	Mon	7:49	3.9	7:55	2.8	1:01	-0.2	2:00	0.2	7:11	5:17	
25	Tue	8:29	4.0	8:36	2.9	1:42	-0.3	2:35	0.2	7:11	5:18	
26	Wed	9:07	4.0	9:16	3.0	2:21	-0.3	3:09	0.1	7:10	5:19	
27	Thu	9:44	4.0	9:56	3.1	3:00	-0.3	3:44	0.1	7:09	5:20	
28	Fri	10:21	3.9	10:35	3.2	3:40	-0.2	4:20	0.1	7:08	5:21	
29	Sat	10:57	3.8	11:16	3.3	4:21	0.0	4:56	0.1	7:08	5:22	
30	Sun	11:35	3.6	11:58	3.4	5:07	0.1	5:35	0.2	7:07	5:24	
31	Mon			12:16	3.3	5:57	0.3	6:17	0.2	7:06	5:25	