

Metompkin Inlet, VA - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:41	3.2	2:53	2.7	8:46	0.7	8:50	0.4	7:17	4:54	
2	Wed	3:37	3.3	3:48	2.6	9:45	0.8	9:37	0.4	7:17	4:54	
3	Thu	4:31	3.4	4:40	2.6	10:43	0.8	10:26	0.3	7:17	4:55	
4	Fri	5:20	3.6	5:29	2.6	11:36	0.7	11:14	0.2	7:17	4:56	
5	Sat	6:06	3.8	6:15	2.7			12:22	0.5	7:17	4:57	
6	Sun	6:51	4.0	7:00	2.8	12:00	0.1	1:04	0.4	7:17	4:58	
7	Mon	7:34	4.1	7:43	2.9	12:45	-0.1	1:44	0.3	7:17	4:59	
8	Tue	8:16	4.3	8:26	3.0	1:27	-0.2	2:23	0.1	7:17	5:00	
9	Wed	8:57	4.3	9:09	3.1	2:09	-0.3	3:02	0.0	7:17	5:01	
10	Thu	9:37	4.3	9:52	3.2	2:52	-0.4	3:41	0.0	7:17	5:02	
11	Fri	10:18	4.3	10:35	3.3	3:35	-0.3	4:22	-0.1	7:17	5:03	
12	Sat	10:59	4.1	11:21	3.5	4:22	-0.3	5:04	-0.1	7:17	5:03	
13	Sun	11:42	3.9			5:13	-0.1	5:48	-0.2	7:16	5:04	
14	Mon	12:10	3.6	12:29	3.6	6:10	0.0	6:36	-0.2	7:16	5:05	
15	Tue	1:04	3.7	1:22	3.3	7:10	0.1	7:27	-0.2	7:16	5:07	
16	Wed	2:04	3.8	2:22	3.0	8:15	0.2	8:22	-0.2	7:16	5:08	
17	Thu	3:09	3.9	3:27	2.8	9:22	0.2	9:21	-0.3	7:15	5:09	
18	Fri	4:15	4.1	4:32	2.8	10:31	0.1	10:23	-0.5	7:15	5:10	
19	Sat	5:18	4.3	5:34	2.8	11:37	-0.1	11:25	-0.7	7:14	5:11	
20	Sun	6:18	4.4	6:32	3.0			12:37	-0.3	7:14	5:12	
21	Mon	7:13	4.6	7:26	3.1	12:24	-0.9	1:29	-0.5	7:13	5:13	
22	Tue	8:05	4.6	8:18	3.2	1:18	-1.0	2:17	-0.6	7:13	5:14	
23	Wed	8:53	4.5	9:07	3.3	2:09	-1.1	3:01	-0.6	7:12	5:15	
24	Thu	9:39	4.3	9:54	3.4	2:58	-1.0	3:44	-0.6	7:12	5:16	
25	Fri	10:21	4.1	10:39	3.4	3:46	-0.8	4:25	-0.5	7:11	5:17	
26	Sat	11:03	3.8	11:24	3.4	4:33	-0.5	5:05	-0.3	7:10	5:18	
27	Sun	11:44	3.4			5:22	-0.2	5:46	-0.1	7:10	5:19	
28	Mon	12:09	3.3	12:26	3.1	6:12	0.2	6:28	0.1	7:09	5:21	
29	Tue	12:57	3.3	1:12	2.7	7:04	0.5	7:11	0.3	7:08	5:22	
30	Wed	1:49	3.2	2:02	2.5	7:59	0.7	7:59	0.4	7:07	5:23	
31	Thu	2:46	3.2	2:59	2.4	8:57	0.9	8:50	0.5	7:07	5:24	