

Metompkin Inlet, VA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:32	5.1	8:50	3.6	1:47	-1.1	2:42	-0.7	7:17	4:54	
2	Sat	9:23	5.0	9:43	3.7	2:39	-1.2	3:32	-0.8	7:17	4:55	
3	Sun	10:14	4.9	10:36	3.8	3:33	-1.1	4:21	-0.8	7:17	4:56	
4	Mon	11:04	4.5	11:30	3.8	4:28	-1.0	5:12	-0.8	7:17	4:57	
5	Tue	11:54	4.1			5:26	-0.7	6:03	-0.6	7:17	4:57	
6	Wed	12:26	3.7	12:47	3.7	6:27	-0.3	6:55	-0.5	7:17	4:58	
7	Thu	1:25	3.7	1:42	3.2	7:31	0.0	7:48	-0.3	7:17	4:59	
8	Fri	2:28	3.6	2:42	2.9	8:37	0.2	8:43	-0.2	7:17	5:00	
9	Sat	3:33	3.6	3:45	2.7	9:45	0.3	9:38	-0.1	7:17	5:01	
10	Sun	4:35	3.7	4:44	2.6	10:52	0.4	10:34	-0.1	7:17	5:02	
11	Mon	5:31	3.7	5:38	2.6	11:52	0.3	11:27	-0.2	7:17	5:03	
12	Tue	6:20	3.8	6:25	2.6			12:41	0.2	7:17	5:04	
13	Wed	7:04	3.9	7:09	2.8	12:16	-0.2	1:22	0.2	7:16	5:05	
14	Thu	7:45	4.0	7:51	2.9	1:00	-0.3	1:58	0.1	7:16	5:06	
15	Fri	8:24	4.0	8:32	3.0	1:41	-0.4	2:32	0.1	7:16	5:07	
16	Sat	9:03	4.0	9:13	3.1	2:20	-0.4	3:06	0.0	7:15	5:08	
17	Sun	9:40	3.9	9:53	3.2	2:59	-0.3	3:41	0.1	7:15	5:09	
18	Mon	10:17	3.8	10:33	3.2	3:39	-0.2	4:16	0.1	7:15	5:10	
19	Tue	10:54	3.7	11:13	3.3	4:19	0.0	4:52	0.2	7:14	5:11	
20	Wed	11:31	3.5	11:54	3.3	5:03	0.2	5:30	0.2	7:14	5:12	
21	Thu			12:11	3.2	5:49	0.4	6:10	0.3	7:13	5:13	
22	Fri	12:40	3.3	12:54	3.0	6:41	0.5	6:55	0.3	7:13	5:14	
23	Sat	1:31	3.4	1:46	2.9	7:37	0.6	7:45	0.3	7:12	5:16	
24	Sun	2:29	3.5	2:45	2.8	8:38	0.6	8:40	0.1	7:11	5:17	
25	Mon	3:32	3.7	3:48	2.8	9:41	0.5	9:40	-0.1	7:11	5:18	
26	Tue	4:34	4.0	4:50	2.9	10:45	0.3	10:41	-0.4	7:10	5:19	
27	Wed	5:33	4.3	5:48	3.1	11:45	0.0	11:41	-0.7	7:09	5:20	
28	Thu	6:29	4.6	6:45	3.4			12:41	-0.4	7:09	5:21	
29	Fri	7:23	4.8	7:39	3.6	12:38	-1.1	1:32	-0.7	7:08	5:22	
30	Sat	8:15	4.9	8:32	3.9	1:33	-1.3	2:21	-1.0	7:07	5:23	
31	Sun	9:05	4.8	9:25	4.0	2:26	-1.5	3:08	-1.1	7:06	5:24	