US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:46	4.2	5:58	2.9			12:03	-0.1	7:17	4:54	
2	Sun	6:38	4.3	6:49	3.0			12:56	-0.2	7:17	4:55	
3	Mon	7:27	4.3	7:37	3.0	12:41	-0.6	1:43	-0.2	7:17	4:56	
4	Tue	8:12	4.3	8:23	3.1	1:28	-0.7	2:25	-0.3	7:17	4:56	
5	Wed	8:55	4.2	9:07	3.1	2:13	-0.7	3:04	-0.3	7:17	4:57	
6	Thu	9:36	4.1	9:50	3.1	2:56	-0.6	3:43	-0.2	7:17	4:58	
7	Fri	10:16	4.0	10:32	3.2	3:38	-0.4	4:21	-0.1	7:17	4:59	
8	Sat	10:56	3.8	11:15	3.2	4:21	-0.2	4:59	0.1	7:17	5:00	
9	Sun	11:36	3.5	11:59	3.1	5:05	0.1	5:39	0.2	7:17	5:01	
10	Mon			12:17	3.3	5:53	0.4	6:19	0.3	7:17	5:02	
11	Tue	12:45	3.1	1:01	3.0	6:42	0.6	7:02	0.4	7:17	5:03	
12	Wed	1:35	3.2	1:49	2.8	7:35	0.8	7:48	0.4	7:17	5:04	
13	Thu	2:30	3.2	2:43	2.7	8:31	0.8	8:37	0.4	7:16	5:05	
14	Fri	3:27	3.4	3:40	2.7	9:29	0.8	9:30	0.3	7:16	5:06	
15	Sat	4:24	3.6	4:36	2.8	10:28	0.7	10:24	0.1	7:16	5:07	
16	Sun	5:17	3.9	5:29	2.9	11:25	0.4	11:18	-0.2	7:15	5:08	
17	Mon	6:08	4.2	6:21	3.1			12:17	0.1	7:15	5:09	
18	Tue	6:57	4.5	7:11	3.3	12:11	-0.5	1:06	-0.2	7:15	5:10	
19	Wed	7:46	4.7	8:01	3.5	1:02	-0.8	1:53	-0.5	7:14	5:11	
20	Thu	8:34	4.8	8:51	3.7	1:52	-1.0	2:39	-0.7	7:14	5:12	
21	Fri	9:21	4.8	9:41	3.9	2:42	-1.1	3:25	-0.8	7:13	5:13	
22	Sat	10:09	4.6	10:32	4.0	3:33	-1.1	4:11	-0.9	7:13	5:14	
23	Sun	10:57	4.3	11:23	4.0	4:27	-1.0	4:59	-0.9	7:12	5:15	
24	Mon	11:46	3.9			5:23	-0.7	5:50	-0.7	7:11	5:16	
25	Tue	12:18	4.0	12:38	3.5	6:23	-0.4	6:42	-0.6	7:11	5:18	
26	Wed	1:16	3.9	1:34	3.1	7:26	-0.1	7:38	-0.4	7:10	5:19	
27	Thu	2:20	3.8	2:37	2.8	8:33	0.1	8:36	-0.3	7:10	5:20	
28	Fri	3:28	3.7	3:43	2.6	9:42	0.2	9:37	-0.3	7:09	5:21	
29	Sat	4:35	3.7	4:47	2.6	10:51	0.2	10:39	-0.3	7:08	5:22	
30	Sun	5:35	3.8	5:45	2.7	11:53	0.1	11:36	-0.4	7:07	5:23	
31	Mon	6:27	3.9	6:35	2.8			12:44	0.0	7:06	5:24	