































Metompkin Inlet, VA - Jan 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:46	3.1	2:00	2.9	7:48	0.6	8:05	0.3	7:17	4:54	
2	Mon	2:42	3.2	2:54	2.7	8:44	0.8	8:52	0.4	7:17	4:54	
3	Tue	3:38	3.3	3:49	2.7	9:41	0.8	9:41	0.4	7:17	4:55	
4	Wed	4:32	3.4	4:42	2.7	10:37	0.8	10:30	0.3	7:17	4:56	
5	Thu	5:22	3.7	5:31	2.8	11:30	0.6	11:19	0.1	7:17	4:57	
6	Fri	6:08	3.9	6:18	2.9			12:17	0.5	7:17	4:58	
7	Sat	6:52	4.1	7:03	3.1	12:06	-0.1	1:00	0.3	7:17	4:59	
8	Sun	7:36	4.3	7:47	3.2	12:51	-0.3	1:42	0.1	7:17	5:00	
9	Mon	8:18	4.4	8:32	3.4	1:34	-0.4	2:22	-0.1	7:17	5:01	
10	Tue	9:01	4.5	9:16	3.5	2:18	-0.6	3:04	-0.3	7:17	5:02	
11	Wed	9:43	4.5	10:01	3.6	3:03	-0.6	3:46	-0.4	7:17	5:03	
12	Thu	10:26	4.4	10:48	3.7	3:50	-0.5	4:29	-0.4	7:17	5:04	
13	Fri	11:11	4.2	11:37	3.7	4:40	-0.4	5:15	-0.4	7:16	5:05	
14	Sat	11:58	3.9			5:34	-0.3	6:04	-0.4	7:16	5:06	
15	Sun	12:30	3.8	12:49	3.6	6:33	-0.1	6:56	-0.4	7:16	5:07	
16	Mon	1:27	3.8	1:46	3.3	7:35	0.0	7:51	-0.4	7:15	5:08	
17	Tue	2:31	3.9	2:49	3.0	8:40	0.1	8:49	-0.4	7:15	5:09	
18	Wed	3:37	3.9	3:54	2.9	9:48	0.1	9:50	-0.5	7:15	5:10	
19	Thu	4:42	4.1	4:57	2.9	10:55	0.0	10:51	-0.6	7:14	5:11	
20	Fri	5:42	4.2	5:56	3.0	11:57	-0.2	11:50	-0.8	7:14	5:12	
21	Sat	6:37	4.3	6:51	3.1			12:52	-0.4	7:13	5:13	
22	Sun	7:29	4.4	7:42	3.3	12:45	-1.0	1:40	-0.6	7:13	5:14	
23	Mon	8:16	4.4	8:30	3.4	1:36	-1.0	2:25	-0.6	7:12	5:15	
24	Tue	9:01	4.3	9:16	3.4	2:23	-1.0	3:06	-0.6	7:12	5:16	
25	Wed	9:44	4.1	10:01	3.5	3:09	-0.9	3:47	-0.5	7:11	5:17	
26	Thu	10:25	3.9	10:44	3.4	3:53	-0.6	4:26	-0.4	7:10	5:18	
27	Fri	11:05	3.6	11:27	3.4	4:38	-0.4	5:06	-0.2	7:10	5:19	
28	Sat	11:46	3.3			5:25	0.0	5:47	0.0	7:09	5:21	
29	Sun	12:12	3.3	12:28	3.0	6:13	0.3	6:29	0.2	7:08	5:22	
30	Mon	12:59	3.2	1:15	2.8	7:04	0.5	7:15	0.3	7:07	5:23	
31	Tue	1:52	3.2	2:06	2.6	7:57	0.8	8:03	0.4	7:07	5:24	