US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2016

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