

































Metompkin Inlet, VA - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:48	3.7	4:59	3.0	10:54	0.1	10:53	-0.3	7:17	4:54	
2	Wed	5:39	3.8	5:50	2.9	11:53	0.1	11:41	-0.3	7:17	4:55	
3	Thu	6:26	4.0	6:36	2.9			12:43	0.0	7:17	4:56	
4	Fri	7:09	4.1	7:19	2.9	12:27	-0.4	1:26	-0.1	7:17	4:56	
5	Sat	7:51	4.1	8:02	2.9	1:09	-0.4	2:05	-0.1	7:17	4:57	
6	Sun	8:32	4.1	8:43	3.0	1:50	-0.4	2:43	-0.1	7:17	4:58	
7	Mon	9:12	4.1	9:25	3.0	2:29	-0.4	3:20	0.0	7:17	4:59	
8	Tue	9:53	4.0	10:06	3.0	3:09	-0.3	3:58	0.1	7:17	5:00	
9	Wed	10:32	3.9	10:48	3.0	3:49	-0.1	4:37	0.2	7:17	5:01	
10	Thu	11:12	3.8	11:30	3.0	4:31	0.1	5:17	0.3	7:17	5:02	
11	Fri	11:52	3.6			5:16	0.3	5:58	0.4	7:17	5:03	
12	Sat	12:14	3.0	12:35	3.4	6:04	0.5	6:41	0.4	7:17	5:04	
13	Sun	1:02	3.0	1:21	3.2	6:56	0.6	7:26	0.4	7:16	5:05	
14	Mon	1:55	3.2	2:12	3.1	7:52	0.6	8:14	0.3	7:16	5:06	
15	Tue	2:52	3.4	3:09	3.0	8:51	0.6	9:05	0.2	7:16	5:07	
16	Wed	3:49	3.6	4:07	3.0	9:52	0.4	9:59	0.0	7:15	5:08	
17	Thu	4:46	4.0	5:03	3.1	10:53	0.2	10:54	-0.3	7:15	5:09	
18	Fri	5:41	4.3	5:58	3.2	11:52	-0.1	11:50	-0.7	7:15	5:10	
19	Sat	6:35	4.7	6:52	3.4			12:47	-0.4	7:14	5:11	
20	Sun	7:28	4.9	7:46	3.5	12:44	-1.0	1:39	-0.7	7:14	5:12	
21	Mon	8:20	5.0	8:39	3.7	1:37	-1.2	2:30	-0.9	7:13	5:13	
22	Tue	9:12	5.0	9:32	3.7	2:29	-1.4	3:20	-1.0	7:13	5:14	
23	Wed	10:03	4.9	10:25	3.8	3:22	-1.3	4:10	-1.0	7:12	5:15	
24	Thu	10:54	4.6	11:18	3.7	4:17	-1.2	5:01	-0.9	7:11	5:16	
25	Fri	11:45	4.2			5:14	-0.9	5:53	-0.8	7:11	5:18	
26	Sat	12:13	3.7	12:37	3.8	6:13	-0.6	6:46	-0.6	7:10	5:19	
27	Sun	1:11	3.6	1:32	3.3	7:16	-0.2	7:39	-0.4	7:09	5:20	
28	Mon	2:13	3.5	2:31	3.0	8:20	0.0	8:34	-0.2	7:09	5:21	
29	Tue	3:17	3.5	3:33	2.7	9:27	0.2	9:29	-0.1	7:08	5:22	
30	Wed	4:21	3.5	4:33	2.6	10:34	0.3	10:24	-0.1	7:07	5:23	
31	Thu	5:17	3.6	5:27	2.6	11:35	0.3	11:17	-0.1	7:06	5:24	