US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:19	2.8	12:42	3.4	6:10	0.4	6:54	0.5	7:17	4:54	
2	Thu	1:09	2.9	1:30	3.2	7:02	0.6	7:38	0.5	7:17	4:55	
3	Fri	2:03	2.9	2:21	3.0	7:57	0.8	8:23	0.5	7:17	4:55	
4	Sat	2:58	3.1	3:14	2.9	8:53	0.8	9:09	0.5	7:17	4:56	
5	Sun	3:53	3.3	4:07	2.9	9:50	0.7	9:56	0.4	7:17	4:57	
6	Mon	4:44	3.6	4:58	2.9	10:46	0.6	10:45	0.2	7:17	4:58	
7	Tue	5:33	3.9	5:47	3.0	11:40	0.4	11:34	-0.1	7:17	4:59	
8	Wed	6:20	4.2	6:35	3.1			12:30	0.1	7:17	5:00	
9	Thu	7:08	4.5	7:23	3.2	12:22	-0.3	1:18	-0.1	7:17	5:01	
10	Fri	7:55	4.7	8:11	3.3	1:10	-0.6	2:05	-0.3	7:17	5:02	
11	Sat	8:43	4.8	9:00	3.4	1:58	-0.8	2:52	-0.5	7:17	5:03	
12	Sun	9:31	4.9	9:49	3.5	2:46	-0.9	3:39	-0.6	7:17	5:04	
13	Mon	10:19	4.8	10:40	3.5	3:36	-0.9	4:28	-0.6	7:16	5:05	
14	Tue	11:08	4.5	11:33	3.6	4:29	-0.8	5:18	-0.6	7:16	5:06	
15	Wed	11:59	4.2			5:26	-0.6	6:10	-0.5	7:16	5:07	
16	Thu	12:28	3.6	12:52	3.8	6:27	-0.4	7:03	-0.5	7:15	5:08	
17	Fri	1:28	3.6	1:49	3.5	7:30	-0.1	7:57	-0.4	7:15	5:09	
18	Sat	2:31	3.6	2:50	3.1	8:37	0.0	8:52	-0.4	7:15	5:10	
19	Sun	3:37	3.7	3:53	2.9	9:45	0.1	9:49	-0.4	7:14	5:11	
20	Mon	4:39	3.8	4:54	2.8	10:52	0.0	10:46	-0.4	7:14	5:12	
21	Tue	5:37	4.0	5:50	2.8	11:54	-0.1	11:41	-0.5	7:13	5:13	
22	Wed	6:29	4.1	6:41	2.8			12:48	-0.2	7:13	5:14	
23	Thu	7:17	4.1	7:28	2.9	12:32	-0.6	1:34	-0.2	7:12	5:15	
24	Fri	8:02	4.2	8:12	3.0	1:18	-0.6	2:16	-0.2	7:12	5:16	
25	Sat	8:45	4.1	8:55	3.0	2:02	-0.6	2:55	-0.2	7:11	5:17	
26	Sun	9:26	4.1	9:37	3.1	2:44	-0.6	3:32	-0.2	7:10	5:18	
27	Mon	10:05	4.0	10:19	3.1	3:25	-0.5	4:09	-0.1	7:10	5:19	
28	Tue	10:44	3.8	11:00	3.1	4:06	-0.3	4:47	0.1	7:09	5:21	
29	Wed	11:23	3.6	11:42	3.1	4:49	0.0	5:25	0.2	7:08	5:22	
30	Thu			12:03	3.3	5:34	0.2	6:05	0.3	7:07	5:23	
31	Fri	12:27	3.1	12:46	3.1	6:23	0.5	6:47	0.4	7:07	5:24	