




























Metompkin Inlet, VA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:06	3.6	4:17	2.8	10:13	0.3	10:09	-0.1	7:17	4:54	
2	Mon	5:01	3.7	5:11	2.7	11:16	0.3	10:59	0.0	7:17	4:55	
3	Tue	5:50	3.8	5:59	2.6			12:11	0.3	7:17	4:56	
4	Wed	6:34	3.9	6:43	2.7			12:57	0.2	7:17	4:56	
5	Thu	7:17	4.0	7:25	2.7	12:30	-0.1	1:37	0.2	7:17	4:57	
6	Fri	7:58	4.0	8:07	2.8	1:12	-0.2	2:14	0.2	7:17	4:58	
7	Sat	8:39	4.1	8:48	2.8	1:52	-0.2	2:50	0.2	7:17	4:59	
8	Sun	9:20	4.1	9:29	2.9	2:32	-0.2	3:26	0.2	7:17	5:00	
9	Mon	9:59	4.0	10:10	2.9	3:11	-0.2	4:03	0.3	7:17	5:01	
10	Tue	10:37	3.9	10:51	2.9	3:51	0.0	4:41	0.3	7:17	5:02	
11	Wed	11:15	3.8	11:33	3.0	4:34	0.1	5:20	0.4	7:17	5:03	
12	Thu	11:54	3.6			5:19	0.3	6:00	0.4	7:17	5:04	
13	Fri	12:17	3.0	12:36	3.4	6:09	0.5	6:41	0.4	7:16	5:05	
14	Sat	1:05	3.2	1:22	3.1	7:03	0.6	7:26	0.3	7:16	5:06	
15	Sun	1:59	3.3	2:16	3.0	8:02	0.6	8:15	0.2	7:16	5:07	
16	Mon	2:58	3.6	3:15	2.9	9:04	0.5	9:08	0.1	7:15	5:08	
17	Tue	3:58	3.8	4:16	2.9	10:08	0.4	10:05	-0.1	7:15	5:09	
18	Wed	4:57	4.2	5:15	2.9	11:11	0.1	11:04	-0.4	7:15	5:10	
19	Thu	5:55	4.5	6:12	3.1			12:12	-0.2	7:14	5:11	
20	Fri	6:51	4.8	7:08	3.2	12:02	-0.8	1:07	-0.5	7:14	5:12	
21	Sat	7:46	5.0	8:03	3.4	12:58	-1.1	2:00	-0.7	7:13	5:13	
22	Sun	8:40	5.0	8:57	3.5	1:53	-1.3	2:50	-0.8	7:13	5:14	
23	Mon	9:32	4.9	9:50	3.6	2:47	-1.4	3:39	-0.9	7:12	5:15	
24	Tue	10:22	4.7	10:42	3.7	3:40	-1.3	4:28	-0.9	7:11	5:16	
25	Wed	11:11	4.3	11:35	3.7	4:36	-1.0	5:17	-0.7	7:11	5:18	
26	Thu	11:59	3.9			5:33	-0.7	6:06	-0.6	7:10	5:19	
27	Fri	12:29	3.6	12:50	3.4	6:32	-0.3	6:56	-0.4	7:09	5:20	
28	Sat	1:25	3.5	1:43	3.0	7:34	0.0	7:46	-0.1	7:09	5:21	
29	Sun	2:26	3.4	2:41	2.6	8:39	0.3	8:39	0.0	7:08	5:22	
30	Mon	3:29	3.4	3:43	2.4	9:46	0.5	9:33	0.1	7:07	5:23	
31	Tue	4:31	3.4	4:42	2.4	10:53	0.5	10:28	0.2	7:06	5:24	