US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**11:58**	3.6			**5:20**	0.3	**6:07**	0.5	7:17	4:54	
2	Tue	**12:19**	2.9	**12:40**	3.3	**6:09**	0.5	**6:48**	0.5	7:17	4:55	
3	Wed	**1:08**	2.9	**1:26**	3.1	**7:02**	0.7	**7:30**	0.6	7:17	4:55	
4	Thu	**2:00**	3.0	**2:16**	2.9	**7:57**	0.8	**8:14**	0.5	7:17	4:56	
5	Fri	**2:55**	3.2	**3:10**	2.8	**8:54**	0.8	**9:01**	0.5	7:17	4:57	
6	Sat	**3:50**	3.5	**4:05**	2.7	**9:53**	0.7	**9:51**	0.3	7:17	4:58	
7	Sun	**4:43**	3.7	**4:58**	2.8	**10:51**	0.6	**10:43**	0.1	7:17	4:59	
8	Mon	**5:35**	4.1	**5:50**	2.9	**11:47**	0.3	**11:36**	-0.2	7:17	5:00	
9	Tue	**6:26**	4.4	**6:41**	3.0			**12:40**	0.1	7:17	5:01	
10	Wed	**7:16**	4.6	**7:31**	3.2	**12:27**	-0.5	**1:30**	-0.2	7:17	5:02	
11	Thu	**8:07**	4.8	**8:22**	3.3	**1:18**	-0.8	**2:18**	-0.4	7:17	5:03	
12	Fri	**8:57**	4.9	**9:13**	3.4	**2:09**	-1.0	**3:06**	-0.6	7:17	5:04	
13	Sat	**9:46**	4.9	**10:05**	3.5	**3:00**	-1.0	**3:54**	-0.6	7:16	5:05	
14	Sun	**10:35**	4.7	**10:57**	3.6	**3:53**	-1.0	**4:43**	-0.7	7:16	5:06	
15	Mon	**11:24**	4.4	**11:51**	3.7	**4:49**	-0.8	**5:33**	-0.6	7:16	5:07	
16	Tue			**12:14**	4.0	**5:48**	-0.5	**6:23**	-0.5	7:15	5:08	
17	Wed	**12:47**	3.7	**1:08**	3.5	**6:50**	-0.2	**7:15**	-0.4	7:15	5:09	
18	Thu	**1:47**	3.7	**2:05**	3.1	**7:55**	0.0	**8:08**	-0.3	7:15	5:10	
19	Fri	**2:51**	3.7	**3:07**	2.8	**9:03**	0.2	**9:03**	-0.2	7:14	5:11	
20	Sat	**3:57**	3.7	**4:11**	2.6	**10:12**	0.3	**10:00**	-0.2	7:14	5:12	
21	Sun	**4:59**	3.8	**5:11**	2.5	**11:20**	0.2	**10:58**	-0.2	7:13	5:13	
22	Mon	**5:55**	3.9	**6:05**	2.5			**12:19**	0.2	7:13	5:14	
23	Tue	**6:45**	3.9	**6:53**	2.6			**1:08**	0.1	7:12	5:15	
24	Wed	**7:31**	4.0	**7:37**	2.7	**12:42**	-0.4	**1:49**	0.0	7:12	5:16	
25	Thu	**8:13**	4.0	**8:19**	2.8	**1:26**	-0.4	**2:26**	0.0	7:11	5:17	
26	Fri	**8:53**	4.0	**9:00**	2.9	**2:08**	-0.5	**3:00**	0.0	7:10	5:18	
27	Sat	**9:31**	4.0	**9:41**	3.0	**2:48**	-0.4	**3:35**	0.0	7:10	5:20	
28	Sun	**10:08**	3.9	**10:21**	3.1	**3:27**	-0.3	**4:09**	0.1	7:09	5:21	
29	Mon	**10:45**	3.7	**11:01**	3.1	**4:08**	-0.1	**4:44**	0.2	7:08	5:22	
30	Tue	**11:22**	3.5	**11:42**	3.2	**4:50**	0.1	**5:20**	0.3	7:07	5:23	
31	Wed			**12:00**	3.2	**5:35**	0.3	**5:58**	0.4	7:07	5:24	