































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	