

































Metompkin Inlet, VA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:11	4.7	6:28	3.1			12:30	-0.3	7:17	4:54	
2	Fri	7:07	4.9	7:24	3.2	12:18	-0.9	1:25	-0.5	7:17	4:55	
3	Sat	8:02	4.9	8:18	3.3	1:14	-1.1	2:17	-0.6	7:17	4:56	
4	Sun	8:55	4.9	9:11	3.3	2:07	-1.2	3:07	-0.7	7:17	4:57	
5	Mon	9:45	4.7	10:02	3.4	2:59	-1.1	3:55	-0.6	7:17	4:57	
6	Tue	10:33	4.4	10:53	3.3	3:51	-0.9	4:43	-0.5	7:17	4:58	
7	Wed	11:20	4.1	11:43	3.3	4:44	-0.6	5:30	-0.3	7:17	4:59	
8	Thu			12:05	3.7	5:38	-0.2	6:15	-0.2	7:17	5:00	
9	Fri	12:33	3.2	12:52	3.3	6:34	0.1	7:01	0.0	7:17	5:01	
10	Sat	1:26	3.2	1:41	2.9	7:31	0.4	7:46	0.2	7:17	5:02	
11	Sun	2:21	3.2	2:34	2.6	8:30	0.6	8:32	0.3	7:17	5:03	
12	Mon	3:19	3.2	3:30	2.5	9:30	0.7	9:21	0.4	7:16	5:04	
13	Tue	4:15	3.3	4:25	2.4	10:30	0.8	10:11	0.4	7:16	5:05	
14	Wed	5:08	3.5	5:16	2.5	11:26	0.7	11:01	0.3	7:16	5:06	
15	Thu	5:56	3.7	6:04	2.6			12:14	0.6	7:16	5:07	
16	Fri	6:42	3.8	6:49	2.7			12:56	0.5	7:15	5:08	
17	Sat	7:25	4.0	7:32	2.9	12:35	-0.1	1:35	0.3	7:15	5:09	
18	Sun	8:06	4.1	8:15	3.0	1:18	-0.2	2:13	0.2	7:14	5:10	
19	Mon	8:47	4.2	8:57	3.1	2:00	-0.4	2:50	0.0	7:14	5:11	
20	Tue	9:26	4.3	9:39	3.3	2:41	-0.4	3:28	-0.1	7:13	5:12	
21	Wed	10:05	4.2	10:22	3.4	3:24	-0.4	4:06	-0.1	7:13	5:13	
22	Thu	10:45	4.1	11:05	3.5	4:09	-0.3	4:46	-0.2	7:12	5:15	
23	Fri	11:26	3.8	11:52	3.6	4:58	-0.2	5:29	-0.2	7:12	5:16	
24	Sat			12:11	3.5	5:52	0.0	6:15	-0.2	7:11	5:17	
25	Sun	12:44	3.7	1:01	3.2	6:51	0.1	7:05	-0.1	7:11	5:18	
26	Mon	1:41	3.8	1:59	2.9	7:54	0.2	8:00	-0.2	7:10	5:19	
27	Tue	2:46	3.9	3:04	2.8	9:01	0.3	9:00	-0.2	7:09	5:20	
28	Wed	3:54	4.0	4:11	2.7	10:10	0.2	10:03	-0.4	7:08	5:21	
29	Thu	5:00	4.2	5:16	2.8	11:18	0.0	11:07	-0.6	7:08	5:22	
30	Fri	6:01	4.4	6:16	2.9			12:20	-0.2	7:07	5:23	
31	Sat	6:58	4.5	7:11	3.1	12:08	-0.8	1:13	-0.4	7:06	5:25	