US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:41**	4.7	**8:56**	3.4	**1:55**	-0.6	**2:48**	-0.3	7:17	4:54	
2	Tue	**9:26**	4.7	**9:44**	3.6	**2:42**	-0.7	**3:32**	-0.4	7:17	4:55	
3	Wed	**10:12**	4.6	**10:33**	3.6	**3:31**	-0.7	**4:18**	-0.5	7:17	4:56	
4	Thu	**10:59**	4.4	**11:24**	3.7	**4:23**	-0.6	**5:05**	-0.5	7:17	4:57	
5	Fri	**11:47**	4.1			**5:18**	-0.4	**5:55**	-0.5	7:17	4:58	
6	Sat	**12:17**	3.8	**12:38**	3.7	**6:18**	-0.2	**6:46**	-0.4	7:17	4:59	
7	Sun	**1:15**	3.8	**1:34**	3.4	**7:21**	0.0	**7:40**	-0.4	7:17	5:00	
8	Mon	**2:18**	3.8	**2:35**	3.1	**8:26**	0.1	**8:36**	-0.4	7:17	5:00	
9	Tue	**3:23**	3.9	**3:39**	2.9	**9:34**	0.2	**9:35**	-0.4	7:17	5:01	
10	Wed	**4:28**	4.0	**4:42**	2.8	**10:43**	0.1	**10:34**	-0.4	7:17	5:02	
11	Thu	**5:29**	4.1	**5:41**	2.8	**11:47**	0.0	**11:33**	-0.6	7:17	5:03	
12	Fri	**6:24**	4.2	**6:35**	2.9			**12:42**	-0.1	7:16	5:04	
13	Sat	**7:14**	4.2	**7:24**	3.0	**12:27**	-0.7	**1:30**	-0.3	7:16	5:05	
14	Sun	**8:01**	4.3	**8:11**	3.1	**1:16**	-0.8	**2:13**	-0.3	7:16	5:06	
15	Mon	**8:44**	4.2	**8:55**	3.1	**2:02**	-0.8	**2:52**	-0.3	7:15	5:07	
16	Tue	**9:25**	4.1	**9:38**	3.2	**2:45**	-0.7	**3:30**	-0.3	7:15	5:08	
17	Wed	**10:05**	3.9	**10:20**	3.2	**3:28**	-0.5	**4:07**	-0.2	7:15	5:09	
18	Thu	**10:43**	3.7	**11:02**	3.2	**4:10**	-0.3	**4:45**	-0.1	7:14	5:11	
19	Fri	**11:22**	3.5	**11:44**	3.2	**4:54**	0.0	**5:23**	0.1	7:14	5:12	
20	Sat			**12:02**	3.2	**5:40**	0.2	**6:02**	0.2	7:13	5:13	
21	Sun	**12:29**	3.2	**12:45**	3.0	**6:28**	0.5	**6:44**	0.4	7:13	5:14	
22	Mon	**1:18**	3.2	**1:32**	2.8	**7:20**	0.7	**7:30**	0.4	7:12	5:15	
23	Tue	**2:12**	3.2	**2:25**	2.6	**8:15**	0.8	**8:19**	0.4	7:12	5:16	
24	Wed	**3:10**	3.3	**3:23**	2.6	**9:14**	0.9	**9:12**	0.4	7:11	5:17	
25	Thu	**4:08**	3.5	**4:20**	2.6	**10:13**	0.8	**10:08**	0.2	7:10	5:18	
26	Fri	**5:03**	3.8	**5:15**	2.8	**11:11**	0.6	**11:03**	-0.1	7:10	5:19	
27	Sat	**5:55**	4.1	**6:07**	3.0			**12:04**	0.3	7:09	5:20	
28	Sun	**6:44**	4.3	**6:57**	3.3			**12:52**	0.0	7:08	5:21	
29	Mon	**7:32**	4.6	**7:46**	3.5	**12:48**	-0.7	**1:38**	-0.4	7:08	5:23	
30	Tue	**8:19**	4.7	**8:35**	3.8	**1:38**	-1.0	**2:23**	-0.6	7:07	5:24	
31	Wed	**9:05**	4.7	**9:24**	4.0	**2:27**	-1.1	**3:07**	-0.8	7:06	5:25	