

































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	