US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:35	4.5	5:51	3.2	11:50	-0.3	11:45	-0.9	7:17	4:54	
2	Wed	6:31	4.7	6:47	3.3			12:47	-0.5	7:17	4:55	
3	Thu	7:26	4.8	7:41	3.4	12:41	-1.1	1:40	-0.7	7:17	4:56	
4	Fri	8:17	4.8	8:33	3.4	1:34	-1.2	2:29	-0.7	7:17	4:57	
5	Sat	9:07	4.7	9:24	3.5	2:25	-1.2	3:16	-0.7	7:17	4:58	
6	Sun	9:54	4.5	10:12	3.5	3:14	-1.0	4:01	-0.6	7:17	4:58	
7	Mon	10:39	4.2	11:00	3.4	4:04	-0.8	4:46	-0.5	7:17	4:59	
8	Tue	11:23	3.8	11:47	3.3	4:53	-0.4	5:30	-0.3	7:17	5:00	
9	Wed			12:07	3.5	5:45	-0.1	6:15	-0.1	7:17	5:01	
10	Thu	12:36	3.2	12:52	3.1	6:37	0.2	7:00	0.1	7:17	5:02	
11	Fri	1:27	3.2	1:41	2.8	7:32	0.5	7:45	0.3	7:17	5:03	
12	Sat	2:22	3.2	2:35	2.6	8:28	0.7	8:33	0.3	7:16	5:04	
13	Sun	3:20	3.2	3:31	2.6	9:26	0.8	9:23	0.4	7:16	5:05	
14	Mon	4:17	3.3	4:26	2.6	10:24	0.8	10:14	0.3	7:16	5:06	
15	Tue	5:09	3.5	5:17	2.7	11:18	0.7	11:05	0.1	7:16	5:07	
16	Wed	5:57	3.7	6:05	2.8			12:06	0.5	7:15	5:08	
17	Thu	6:42	4.0	6:51	3.0			12:50	0.3	7:15	5:09	
18	Fri	7:25	4.2	7:35	3.2	12:39	-0.2	1:30	0.1	7:14	5:10	
19	Sat	8:07	4.3	8:19	3.3	1:23	-0.4	2:10	-0.1	7:14	5:11	
20	Sun	8:48	4.4	9:03	3.5	2:06	-0.5	2:50	-0.2	7:13	5:12	
21	Mon	9:29	4.4	9:47	3.6	2:50	-0.6	3:30	-0.4	7:13	5:14	
22	Tue	10:11	4.3	10:31	3.7	3:35	-0.6	4:11	-0.4	7:12	5:15	
23	Wed	10:54	4.1	11:18	3.8	4:24	-0.5	4:55	-0.4	7:12	5:16	
24	Thu	11:39	3.8			5:16	-0.3	5:42	-0.4	7:11	5:17	
25	Fri	12:09	3.9	12:28	3.5	6:13	-0.1	6:32	-0.4	7:11	5:18	
26	Sat	1:04	3.9	1:23	3.2	7:14	0.0	7:27	-0.3	7:10	5:19	
27	Sun	2:06	3.9	2:25	3.0	8:18	0.1	8:26	-0.3	7:09	5:20	
28	Mon	3:13	3.9	3:31	2.8	9:26	0.2	9:28	-0.4	7:08	5:21	
29	Tue	4:20	4.0	4:37	2.9	10:34	0.1	10:31	-0.6	7:08	5:22	
30	Wed	5:23	4.2	5:38	3.0	11:38	-0.1	11:32	-0.7	7:07	5:23	
31	Thu	6:21	4.3	6:35	3.1			12:35	-0.3	7:06	5:25	