US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:24	3.4	2:38	2.9	8:29	0.4	8:42	0.0	7:17	4:54	
2	Thu	3:26	3.4	3:36	2.7	9:33	0.5	9:33	0.1	7:17	4:55	
3	Fri	4:24	3.4	4:31	2.7	10:34	0.5	10:23	0.1	7:17	4:56	
4	Sat	5:15	3.6	5:21	2.7	11:30	0.5	11:12	0.0	7:17	4:56	
5	Sun	6:00	3.7	6:07	2.8			12:17	0.4	7:17	4:57	
6	Mon	6:43	3.8	6:50	2.9			12:57	0.3	7:17	4:58	
7	Tue	7:24	4.0	7:33	3.0	12:40	-0.2	1:34	0.2	7:17	4:59	
8	Wed	8:04	4.1	8:14	3.1	1:21	-0.3	2:10	0.1	7:17	5:00	
9	Thu	8:44	4.1	8:56	3.2	2:01	-0.3	2:46	0.1	7:17	5:01	
10	Fri	9:23	4.1	9:36	3.3	2:40	-0.3	3:23	0.0	7:17	5:02	
11	Sat	10:01	4.1	10:17	3.3	3:20	-0.2	4:00	0.0	7:17	5:03	
12	Sun	10:39	4.0	10:58	3.4	4:02	-0.1	4:39	0.0	7:16	5:04	
13	Mon	11:18	3.8	11:42	3.4	4:47	0.0	5:20	0.0	7:16	5:05	
14	Tue			12:00	3.6	5:36	0.2	6:05	0.0	7:16	5:06	
15	Wed	12:30	3.5	12:47	3.4	6:30	0.3	6:53	0.0	7:16	5:07	
16	Thu	1:24	3.6	1:41	3.2	7:29	0.3	7:45	-0.1	7:15	5:08	
17	Fri	2:24	3.7	2:42	3.1	8:32	0.3	8:42	-0.2	7:15	5:09	
18	Sat	3:28	3.9	3:46	3.0	9:37	0.2	9:42	-0.4	7:15	5:10	
19	Sun	4:31	4.2	4:49	3.1	10:42	0.0	10:43	-0.7	7:14	5:11	
20	Mon	5:32	4.5	5:49	3.3	11:44	-0.3	11:44	-1.0	7:14	5:12	
21	Tue	6:29	4.7	6:46	3.5			12:42	-0.6	7:13	5:13	
22	Wed	7:24	4.8	7:41	3.6	12:41	-1.2	1:34	-0.9	7:13	5:14	
23	Thu	8:16	4.8	8:35	3.8	1:36	-1.4	2:24	-1.0	7:12	5:15	
24	Fri	9:07	4.7	9:26	3.8	2:29	-1.4	3:11	-1.1	7:11	5:17	
25	Sat	9:55	4.5	10:16	3.9	3:20	-1.3	3:58	-1.0	7:11	5:18	
26	Sun	10:42	4.2	11:06	3.8	4:12	-1.1	4:45	-0.8	7:10	5:19	
27	Mon	11:28	3.8	11:55	3.6	5:04	-0.7	5:31	-0.6	7:09	5:20	
28	Tue			12:14	3.4	5:58	-0.3	6:19	-0.4	7:09	5:21	
29	Wed	12:46	3.5	1:03	3.0	6:54	0.1	7:08	-0.1	7:08	5:22	
30	Thu	1:41	3.3	1:55	2.7	7:52	0.4	7:58	0.1	7:07	5:23	
31	Fri	2:40	3.2	2:52	2.5	8:51	0.6	8:51	0.2	7:06	5:24	