US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2034

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**5:04**	4.2	**5:21**	3.3	**11:14**	-0.2	**11:17**	-0.8	7:17	4:54	
2	Mon	**6:01**	4.4	**6:17**	3.3			**12:13**	-0.4	7:17	4:55	
3	Tue	**6:54**	4.6	**7:10**	3.4	**12:12**	-0.9	**1:08**	-0.6	7:17	4:56	
4	Wed	**7:45**	4.6	**8:01**	3.4	**1:04**	-1.1	**1:58**	-0.7	7:17	4:57	
5	Thu	**8:34**	4.6	**8:51**	3.4	**1:54**	-1.1	**2:45**	-0.7	7:17	4:58	
6	Fri	**9:21**	4.5	**9:38**	3.4	**2:41**	-1.0	**3:30**	-0.7	7:17	4:58	
7	Sat	**10:06**	4.3	**10:24**	3.3	**3:28**	-0.8	**4:14**	-0.5	7:17	4:59	
8	Sun	**10:49**	4.0	**11:10**	3.2	**4:15**	-0.6	**4:58**	-0.3	7:17	5:00	
9	Mon	**11:33**	3.7	**11:56**	3.1	**5:02**	-0.2	**5:42**	-0.1	7:17	5:01	
10	Tue			**12:17**	3.4	**5:52**	0.1	**6:26**	0.1	7:17	5:02	
11	Wed	**12:45**	3.1	**1:03**	3.2	**6:43**	0.4	**7:11**	0.2	7:17	5:03	
12	Thu	**1:36**	3.0	**1:53**	2.9	**7:36**	0.6	**7:57**	0.3	7:16	5:04	
13	Fri	**2:32**	3.1	**2:46**	2.8	**8:31**	0.7	**8:45**	0.4	7:16	5:05	
14	Sat	**3:28**	3.2	**3:41**	2.7	**9:27**	0.8	**9:34**	0.3	7:16	5:06	
15	Sun	**4:23**	3.4	**4:35**	2.8	**10:24**	0.7	**10:24**	0.2	7:16	5:07	
16	Mon	**5:13**	3.6	**5:25**	2.9	**11:17**	0.6	**11:14**	0.0	7:15	5:08	
17	Tue	**6:01**	3.9	**6:13**	3.0			**12:06**	0.3	7:15	5:09	
18	Wed	**6:46**	4.1	**6:59**	3.2	**12:02**	-0.2	**12:52**	0.1	7:14	5:10	
19	Thu	**7:31**	4.3	**7:45**	3.4	**12:48**	-0.4	**1:36**	-0.1	7:14	5:11	
20	Fri	**8:15**	4.5	**8:30**	3.5	**1:34**	-0.6	**2:19**	-0.3	7:13	5:12	
21	Sat	**8:59**	4.6	**9:16**	3.7	**2:19**	-0.7	**3:02**	-0.5	7:13	5:14	
22	Sun	**9:43**	4.6	**10:03**	3.8	**3:05**	-0.8	**3:46**	-0.6	7:12	5:15	
23	Mon	**10:29**	4.5	**10:51**	3.8	**3:53**	-0.8	**4:32**	-0.6	7:12	5:16	
24	Tue	**11:15**	4.2	**11:42**	3.8	**4:45**	-0.6	**5:20**	-0.6	7:11	5:17	
25	Wed			**12:04**	3.9	**5:40**	-0.4	**6:11**	-0.5	7:11	5:18	
26	Thu	**12:36**	3.8	**12:57**	3.6	**6:40**	-0.3	**7:05**	-0.5	7:10	5:19	
27	Fri	**1:35**	3.8	**1:56**	3.3	**7:43**	-0.1	**8:01**	-0.4	7:09	5:20	
28	Sat	**2:40**	3.8	**2:59**	3.1	**8:48**	0.0	**9:00**	-0.4	7:08	5:21	
29	Sun	**3:46**	3.9	**4:05**	3.0	**9:55**	0.0	**10:01**	-0.5	7:08	5:22	
30	Mon	**4:50**	4.0	**5:07**	3.0	**11:02**	-0.1	**11:02**	-0.6	7:07	5:23	
31	Tue	**5:49**	4.1	**6:04**	3.1			**12:02**	-0.3	7:06	5:25	