US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jan 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**9:36**	4.1	**9:48**	2.9	**2:48**	-0.1	**3:41**	0.3	7:17	4:54	
2	Mon	**10:16**	4.1	**10:29**	2.9	**3:27**	0.0	**4:21**	0.3	7:17	4:55	
3	Tue	**10:55**	4.0	**11:11**	3.0	**4:09**	0.1	**5:02**	0.3	7:17	4:55	
4	Wed	**11:35**	3.9	**11:56**	3.0	**4:54**	0.2	**5:44**	0.4	7:17	4:56	
5	Thu			**12:18**	3.7	**5:43**	0.3	**6:28**	0.3	7:17	4:57	
6	Fri	**12:44**	3.1	**1:05**	3.5	**6:38**	0.4	**7:15**	0.3	7:17	4:58	
7	Sat	**1:38**	3.3	**1:58**	3.3	**7:37**	0.5	**8:04**	0.1	7:17	4:59	
8	Sun	**2:37**	3.5	**2:56**	3.2	**8:40**	0.4	**8:56**	0.0	7:17	5:00	
9	Mon	**3:38**	3.8	**3:57**	3.1	**9:44**	0.2	**9:51**	-0.2	7:17	5:01	
10	Tue	**4:38**	4.2	**4:57**	3.1	**10:49**	0.0	**10:48**	-0.5	7:17	5:02	
11	Wed	**5:36**	4.5	**5:55**	3.2	**11:51**	-0.3	**11:46**	-0.8	7:17	5:03	
12	Thu	**6:33**	4.8	**6:51**	3.3			**12:50**	-0.5	7:17	5:04	
13	Fri	**7:29**	5.0	**7:46**	3.3	**12:42**	-1.1	**1:44**	-0.7	7:16	5:05	
14	Sat	**8:23**	5.0	**8:40**	3.4	**1:36**	-1.3	**2:36**	-0.8	7:16	5:06	
15	Sun	**9:16**	5.0	**9:34**	3.5	**2:30**	-1.3	**3:27**	-0.9	7:16	5:07	
16	Mon	**10:07**	4.8	**10:26**	3.5	**3:23**	-1.2	**4:17**	-0.8	7:15	5:08	
17	Tue	**10:57**	4.4	**11:19**	3.4	**4:17**	-1.0	**5:07**	-0.7	7:15	5:09	
18	Wed	**11:45**	4.0			**5:12**	-0.7	**5:56**	-0.5	7:15	5:10	
19	Thu	**12:11**	3.4	**12:34**	3.6	**6:10**	-0.3	**6:45**	-0.3	7:14	5:11	
20	Fri	**1:06**	3.3	**1:25**	3.2	**7:09**	0.0	**7:34**	-0.1	7:14	5:12	
21	Sat	**2:03**	3.2	**2:19**	2.8	**8:10**	0.3	**8:23**	0.1	7:13	5:13	
22	Sun	**3:03**	3.2	**3:16**	2.6	**9:12**	0.5	**9:12**	0.2	7:13	5:14	
23	Mon	**4:02**	3.3	**4:13**	2.5	**10:16**	0.6	**10:02**	0.2	7:12	5:15	
24	Tue	**4:56**	3.4	**5:06**	2.5	**11:15**	0.6	**10:52**	0.2	7:11	5:16	
25	Wed	**5:45**	3.6	**5:53**	2.6			**12:05**	0.5	7:11	5:17	
26	Thu	**6:30**	3.7	**6:38**	2.7			**12:48**	0.4	7:10	5:19	
27	Fri	**7:13**	3.9	**7:21**	2.8	**12:26**	-0.1	**1:26**	0.3	7:09	5:20	
28	Sat	**7:54**	4.0	**8:03**	2.9	**1:08**	-0.2	**2:02**	0.2	7:09	5:21	
29	Sun	**8:34**	4.1	**8:44**	3.1	**1:48**	-0.3	**2:38**	0.1	7:08	5:22	
30	Mon	**9:13**	4.1	**9:24**	3.1	**2:28**	-0.3	**3:14**	0.0	7:07	5:23	
31	Tue	**9:51**	4.1	**10:05**	3.2	**3:08**	-0.3	**3:51**	0.0	7:06	5:24	