


































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 |  |