
































## Metompkin Inlet, VA - Jan 2043

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:09	3.0	12:32	3.5	6:03	0.2	6:45	0.2	7:17	4:54	
2	Fri	12:59	3.0	1:18	3.1	6:57	0.4	7:28	0.4	7:17	4:55	
3	Sat	1:53	3.0	2:08	2.9	7:54	0.7	8:12	0.4	7:17	4:56	
4	Sun	2:48	3.1	3:02	2.7	8:51	0.8	8:56	0.5	7:17	4:56	
5	Mon	3:44	3.2	3:56	2.6	9:49	0.8	9:43	0.5	7:17	4:57	
6	Tue	4:36	3.4	4:48	2.6	10:46	0.8	10:31	0.4	7:17	4:58	
7	Wed	5:25	3.6	5:36	2.6	11:38	0.6	11:20	0.2	7:17	4:59	
8	Thu	6:12	3.9	6:23	2.7			12:26	0.5	7:17	5:00	
9	Fri	6:57	4.1	7:08	2.9	12:07	0.0	1:09	0.3	7:17	5:01	
10	Sat	7:41	4.3	7:52	3.0	12:52	-0.2	1:51	0.1	7:17	5:02	
11	Sun	8:25	4.4	8:36	3.1	1:36	-0.4	2:33	0.0	7:17	5:03	
12	Mon	9:08	4.5	9:21	3.2	2:20	-0.5	3:14	-0.1	7:16	5:04	
13	Tue	9:51	4.5	10:07	3.3	3:05	-0.5	3:56	-0.2	7:16	5:05	
14	Wed	10:34	4.4	10:53	3.4	3:52	-0.5	4:40	-0.3	7:16	5:06	
15	Thu	11:18	4.2	11:42	3.5	4:42	-0.4	5:25	-0.3	7:16	5:07	
16	Fri			12:05	3.9	5:38	-0.2	6:12	-0.3	7:15	5:08	
17	Sat	12:35	3.6	12:55	3.5	6:37	-0.1	7:02	-0.3	7:15	5:09	
18	Sun	1:33	3.7	1:51	3.2	7:40	0.1	7:55	-0.3	7:14	5:10	
19	Mon	2:36	3.8	2:54	2.9	8:47	0.2	8:51	-0.3	7:14	5:11	
20	Tue	3:42	3.9	3:59	2.7	9:56	0.2	9:51	-0.3	7:14	5:12	
21	Wed	4:46	4.1	5:02	2.7	11:05	0.1	10:52	-0.5	7:13	5:13	
22	Thu	5:47	4.2	6:02	2.8			12:08	-0.1	7:12	5:14	
23	Fri	6:44	4.3	6:56	2.9			1:04	-0.2	7:12	5:15	
24	Sat	7:36	4.4	7:48	3.0	12:47	-0.8	1:52	-0.4	7:11	5:17	
25	Sun	8:25	4.4	8:36	3.1	1:38	-0.9	2:37	-0.4	7:11	5:18	
26	Mon	9:10	4.3	9:22	3.2	2:26	-0.9	3:18	-0.4	7:10	5:19	
27	Tue	9:52	4.1	10:06	3.2	3:12	-0.8	3:58	-0.3	7:09	5:20	
28	Wed	10:33	3.9	10:49	3.3	3:57	-0.6	4:36	-0.2	7:09	5:21	
29	Thu	11:12	3.6	11:32	3.2	4:42	-0.3	5:14	0.0	7:08	5:22	
30	Fri	11:52	3.3			5:29	0.0	5:53	0.1	7:07	5:23	
31	Sat	12:16	3.2	12:34	3.0	6:17	0.3	6:33	0.3	7:06	5:24	