




























## Metompkin Inlet, VA - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:12	4.6	6:28	3.2			12:28	-0.2	7:17	4:54	
2	Mon	7:07	4.9	7:23	3.3	12:18	-0.8	1:22	-0.4	7:17	4:55	
3	Tue	8:01	5.1	8:17	3.4	1:13	-1.0	2:14	-0.6	7:17	4:56	
4	Wed	8:54	5.1	9:11	3.5	2:07	-1.2	3:05	-0.8	7:17	4:57	
5	Thu	9:46	5.0	10:05	3.6	3:00	-1.2	3:55	-0.8	7:17	4:58	
6	Fri	10:36	4.7	10:59	3.6	3:55	-1.1	4:45	-0.8	7:17	4:59	
7	Sat	11:26	4.3	11:53	3.6	4:51	-0.8	5:35	-0.7	7:17	5:00	
8	Sun			12:16	3.9	5:50	-0.5	6:25	-0.5	7:17	5:01	
9	Mon	12:49	3.6	1:08	3.4	6:52	-0.2	7:16	-0.3	7:17	5:01	
10	Tue	1:48	3.5	2:04	3.0	7:55	0.1	8:07	-0.2	7:17	5:02	
11	Wed	2:51	3.5	3:03	2.7	9:01	0.4	9:00	0.0	7:17	5:03	
12	Thu	3:54	3.5	4:04	2.5	10:09	0.5	9:53	0.1	7:16	5:04	
13	Fri	4:52	3.6	5:00	2.4	11:14	0.5	10:47	0.1	7:16	5:05	
14	Sat	5:44	3.6	5:50	2.5			12:09	0.4	7:16	5:06	
15	Sun	6:30	3.7	6:35	2.6			12:53	0.4	7:15	5:07	
16	Mon	7:13	3.8	7:18	2.7	12:24	-0.1	1:31	0.3	7:15	5:09	
17	Tue	7:54	3.9	7:59	2.8	1:07	-0.2	2:06	0.2	7:15	5:10	
18	Wed	8:33	4.0	8:40	2.9	1:47	-0.3	2:39	0.2	7:14	5:11	
19	Thu	9:11	4.0	9:21	3.0	2:26	-0.3	3:13	0.1	7:14	5:12	
20	Fri	9:48	4.0	10:00	3.1	3:05	-0.2	3:48	0.1	7:13	5:13	
21	Sat	10:24	3.8	10:40	3.2	3:44	-0.1	4:23	0.1	7:13	5:14	
22	Sun	11:01	3.7	11:20	3.3	4:26	0.0	4:59	0.2	7:12	5:15	
23	Mon	11:38	3.5			5:11	0.2	5:37	0.2	7:12	5:16	
24	Tue	12:02	3.4	12:18	3.2	6:00	0.4	6:19	0.2	7:11	5:17	
25	Wed	12:49	3.4	1:05	3.0	6:54	0.5	7:05	0.2	7:10	5:18	
26	Thu	1:44	3.5	2:00	2.8	7:54	0.5	7:58	0.2	7:10	5:19	
27	Fri	2:45	3.7	3:03	2.7	8:58	0.5	8:56	0.0	7:09	5:20	
28	Sat	3:51	3.9	4:08	2.7	10:04	0.4	9:59	-0.2	7:08	5:22	
29	Sun	4:54	4.2	5:11	2.9	11:10	0.2	11:02	-0.5	7:07	5:23	
30	Mon	5:55	4.5	6:10	3.1			12:10	-0.2	7:07	5:24	
31	Tue	6:52	4.7	7:07	3.3	12:02	-0.9	1:05	-0.5	7:06	5:25	