

































Metompkin Inlet, VA - Jan 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:12	3.8	3:27	2.9	9:20	0.2	9:23	-0.3	7:17	4:54	
2	Tue	4:16	3.9	4:28	2.7	10:29	0.2	10:19	-0.3	7:17	4:55	
3	Wed	5:15	4.0	5:26	2.7	11:34	0.2	11:15	-0.3	7:17	4:56	
4	Thu	6:08	4.0	6:18	2.7			12:30	0.1	7:17	4:57	
5	Fri	6:57	4.1	7:05	2.8	12:07	-0.4	1:18	0.0	7:17	4:58	
6	Sat	7:42	4.1	7:50	2.8	12:55	-0.5	1:59	0.0	7:17	4:58	
7	Sun	8:25	4.1	8:33	2.9	1:39	-0.5	2:38	0.0	7:17	4:59	
8	Mon	9:06	4.1	9:16	3.0	2:21	-0.5	3:14	0.0	7:17	5:00	
9	Tue	9:45	4.0	9:57	3.0	3:02	-0.4	3:50	0.0	7:17	5:01	
10	Wed	10:24	3.9	10:38	3.1	3:43	-0.2	4:27	0.1	7:17	5:02	
11	Thu	11:02	3.7	11:20	3.1	4:25	0.0	5:03	0.2	7:17	5:03	
12	Fri	11:40	3.4			5:09	0.2	5:41	0.3	7:16	5:04	
13	Sat	12:03	3.1	12:20	3.2	5:56	0.4	6:21	0.4	7:16	5:05	
14	Sun	12:48	3.2	1:03	3.0	6:46	0.6	7:03	0.4	7:16	5:06	
15	Mon	1:38	3.2	1:52	2.8	7:41	0.8	7:50	0.4	7:15	5:07	
16	Tue	2:34	3.3	2:48	2.7	8:38	0.8	8:40	0.4	7:15	5:08	
17	Wed	3:33	3.5	3:47	2.6	9:39	0.7	9:35	0.2	7:15	5:09	
18	Thu	4:31	3.8	4:45	2.7	10:40	0.6	10:32	0.0	7:14	5:10	
19	Fri	5:27	4.1	5:40	2.9	11:39	0.3	11:29	-0.4	7:14	5:11	
20	Sat	6:20	4.4	6:34	3.1			12:33	0.0	7:13	5:13	
21	Sun	7:12	4.7	7:26	3.3	12:24	-0.7	1:23	-0.4	7:13	5:14	
22	Mon	8:03	4.9	8:18	3.6	1:17	-1.0	2:11	-0.6	7:12	5:15	
23	Tue	8:52	4.9	9:10	3.8	2:09	-1.2	2:58	-0.8	7:12	5:16	
24	Wed	9:41	4.8	10:01	3.9	3:01	-1.3	3:44	-0.9	7:11	5:17	
25	Thu	10:29	4.5	10:53	4.0	3:54	-1.2	4:31	-0.9	7:10	5:18	
26	Fri	11:17	4.1	11:45	4.0	4:50	-0.9	5:20	-0.8	7:10	5:19	
27	Sat			12:07	3.7	5:48	-0.6	6:10	-0.7	7:09	5:20	
28	Sun	12:41	3.9	12:59	3.2	6:50	-0.2	7:02	-0.5	7:08	5:21	
29	Mon	1:40	3.8	1:57	2.8	7:54	0.1	7:58	-0.3	7:08	5:22	
30	Tue	2:46	3.7	3:01	2.6	9:03	0.3	8:57	-0.1	7:07	5:24	
31	Wed	3:55	3.6	4:08	2.4	10:14	0.4	9:58	-0.1	7:06	5:25	