

































Metompkin Inlet, VA - Jan 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:32	4.5	5:49	3.3	11:44	-0.2	11:42	-0.8	7:17	4:54	
2	Sat	6:28	4.8	6:45	3.5			12:41	-0.5	7:17	4:55	
3	Sun	7:22	5.0	7:40	3.6	12:38	-1.1	1:35	-0.8	7:17	4:56	
4	Mon	8:16	5.1	8:34	3.7	1:33	-1.3	2:26	-0.9	7:17	4:57	
5	Tue	9:08	5.0	9:28	3.8	2:26	-1.4	3:16	-1.0	7:17	4:58	
6	Wed	9:59	4.8	10:21	3.8	3:19	-1.3	4:06	-1.0	7:17	4:59	
7	Thu	10:49	4.5	11:14	3.8	4:14	-1.1	4:56	-0.9	7:17	5:00	
8	Fri	11:38	4.1			5:10	-0.8	5:46	-0.7	7:17	5:01	
9	Sat	12:07	3.7	12:28	3.6	6:08	-0.4	6:37	-0.5	7:17	5:02	
10	Sun	1:03	3.5	1:20	3.2	7:08	0.0	7:28	-0.3	7:17	5:02	
11	Mon	2:02	3.4	2:16	2.9	8:10	0.2	8:20	-0.1	7:17	5:03	
12	Tue	3:04	3.4	3:15	2.6	9:14	0.4	9:13	0.0	7:16	5:04	
13	Wed	4:05	3.4	4:13	2.5	10:18	0.5	10:06	0.1	7:16	5:05	
14	Thu	5:01	3.5	5:06	2.6	11:18	0.5	10:57	0.0	7:16	5:06	
15	Fri	5:49	3.6	5:54	2.6			12:08	0.4	7:15	5:08	
16	Sat	6:33	3.7	6:39	2.8			12:49	0.3	7:15	5:09	
17	Sun	7:15	3.9	7:21	2.9	12:30	-0.2	1:25	0.2	7:15	5:10	
18	Mon	7:54	4.0	8:03	3.1	1:11	-0.3	2:00	0.1	7:14	5:11	
19	Tue	8:33	4.0	8:44	3.2	1:51	-0.3	2:35	0.0	7:14	5:12	
20	Wed	9:11	4.1	9:24	3.3	2:30	-0.3	3:10	0.0	7:13	5:13	
21	Thu	9:49	4.0	10:04	3.4	3:10	-0.3	3:46	0.0	7:13	5:14	
22	Fri	10:26	3.9	10:44	3.4	3:51	-0.2	4:23	0.0	7:12	5:15	
23	Sat	11:04	3.7	11:26	3.5	4:34	0.0	5:02	0.0	7:12	5:16	
24	Sun	11:44	3.5			5:21	0.1	5:45	0.0	7:11	5:17	
25	Mon	12:11	3.6	12:28	3.3	6:12	0.3	6:31	0.0	7:10	5:18	
26	Tue	1:03	3.6	1:19	3.1	7:10	0.4	7:23	0.0	7:10	5:19	
27	Wed	2:01	3.7	2:19	3.0	8:11	0.4	8:19	-0.1	7:09	5:21	
28	Thu	3:06	3.9	3:24	2.9	9:16	0.3	9:20	-0.3	7:08	5:22	
29	Fri	4:11	4.1	4:29	3.0	10:22	0.1	10:23	-0.5	7:07	5:23	
30	Sat	5:13	4.3	5:30	3.2	11:25	-0.1	11:25	-0.8	7:07	5:24	
31	Sun	6:12	4.6	6:28	3.4			12:23	-0.5	7:06	5:25	