


































## Metompkin Inlet, VA - Jan 2051

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sun | 11:06 | 3.8 | 11:27 | 3.1 | 4:32  | -0.2 | 5:13  | 0.0  | 7:17  | 4:54 |    |
| 2    | Mon | 11:48 | 3.6 |       |     | 5:18  | 0.1  | 5:56  | 0.2  | 7:17  | 4:55 |    |
| 3    | Tue | 12:13 | 3.1 | 12:32 | 3.3 | 6:07  | 0.4  | 6:39  | 0.3  | 7:17  | 4:56 |    |
| 4    | Wed | 1:02  | 3.1 | 1:18  | 3.1 | 6:58  | 0.6  | 7:23  | 0.4  | 7:17  | 4:57 |    |
| 5    | Thu | 1:54  | 3.1 | 2:09  | 2.9 | 7:52  | 0.8  | 8:10  | 0.4  | 7:17  | 4:57 |    |
| 6    | Fri | 2:50  | 3.2 | 3:03  | 2.8 | 8:47  | 0.8  | 8:58  | 0.4  | 7:17  | 4:58 |    |
| 7    | Sat | 3:45  | 3.4 | 3:58  | 2.8 | 9:44  | 0.8  | 9:49  | 0.3  | 7:17  | 4:59 |    |
| 8    | Sun | 4:39  | 3.6 | 4:51  | 2.9 | 10:40 | 0.6  | 10:40 | 0.1  | 7:17  | 5:00 |    |
| 9    | Mon | 5:29  | 3.9 | 5:42  | 3.1 | 11:34 | 0.4  | 11:31 | -0.2 | 7:17  | 5:01 |    |
| 10   | Tue | 6:17  | 4.2 | 6:30  | 3.2 |       |      | 12:24 | 0.1  | 7:17  | 5:02 |    |
| 11   | Wed | 7:04  | 4.5 | 7:19  | 3.4 | 12:21 | -0.4 | 1:11  | -0.2 | 7:17  | 5:03 |    |
| 12   | Thu | 7:51  | 4.7 | 8:07  | 3.6 | 1:09  | -0.7 | 1:57  | -0.4 | 7:16  | 5:04 |   |
| 13   | Fri | 8:38  | 4.8 | 8:56  | 3.7 | 1:57  | -0.9 | 2:43  | -0.6 | 7:16  | 5:05 |  |
| 14   | Sat | 9:25  | 4.8 | 9:45  | 3.8 | 2:46  | -1.0 | 3:29  | -0.8 | 7:16  | 5:06 |  |
| 15   | Sun | 10:12 | 4.7 | 10:35 | 3.9 | 3:36  | -1.0 | 4:17  | -0.8 | 7:16  | 5:07 |  |
| 16   | Mon | 11:01 | 4.4 | 11:27 | 3.9 | 4:29  | -0.8 | 5:06  | -0.8 | 7:15  | 5:08 |  |
| 17   | Tue | 11:50 | 4.1 |       |     | 5:25  | -0.6 | 5:57  | -0.7 | 7:15  | 5:09 |  |
| 18   | Wed | 12:22 | 3.9 | 12:43 | 3.7 | 6:24  | -0.4 | 6:51  | -0.6 | 7:14  | 5:10 |  |
| 19   | Thu | 1:20  | 3.8 | 1:40  | 3.3 | 7:27  | -0.2 | 7:46  | -0.5 | 7:14  | 5:11 |  |
| 20   | Fri | 2:24  | 3.8 | 2:42  | 3.1 | 8:32  | 0.0  | 8:44  | -0.4 | 7:13  | 5:12 |  |
| 21   | Sat | 3:31  | 3.8 | 3:47  | 2.9 | 9:40  | 0.1  | 9:44  | -0.4 | 7:13  | 5:13 |  |
| 22   | Sun | 4:36  | 3.8 | 4:50  | 2.8 | 10:47 | 0.0  | 10:44 | -0.5 | 7:12  | 5:14 |  |
| 23   | Mon | 5:35  | 3.9 | 5:47  | 2.9 | 11:49 | -0.1 | 11:40 | -0.6 | 7:12  | 5:16 |  |
| 24   | Tue | 6:27  | 4.0 | 6:38  | 3.0 |       |      | 12:41 | -0.2 | 7:11  | 5:17 |  |
| 25   | Wed | 7:14  | 4.1 | 7:25  | 3.1 | 12:32 | -0.7 | 1:26  | -0.3 | 7:11  | 5:18 |  |
| 26   | Thu | 7:58  | 4.1 | 8:09  | 3.2 | 1:19  | -0.7 | 2:07  | -0.4 | 7:10  | 5:19 |  |
| 27   | Fri | 8:39  | 4.1 | 8:51  | 3.3 | 2:02  | -0.7 | 2:44  | -0.4 | 7:09  | 5:20 |  |
| 28   | Sat | 9:18  | 4.0 | 9:33  | 3.3 | 2:43  | -0.7 | 3:21  | -0.3 | 7:08  | 5:21 |  |
| 29   | Sun | 9:57  | 3.9 | 10:13 | 3.3 | 3:23  | -0.5 | 3:57  | -0.2 | 7:08  | 5:22 |  |
| 30   | Mon | 10:36 | 3.7 | 10:54 | 3.3 | 4:04  | -0.3 | 4:34  | -0.1 | 7:07  | 5:23 |  |
| 31   | Tue | 11:15 | 3.5 | 11:36 | 3.3 | 4:47  | -0.1 | 5:13  | 0.1  | 7:06  | 5:24 |  |