

































Metompkin Inlet, VA - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:57	4.3	5:16	3.5	11:05	-0.2	11:11	-0.7	7:17	4:54	
2	Thu	5:54	4.6	6:12	3.6			12:05	-0.5	7:17	4:55	
3	Fri	6:49	4.9	7:08	3.6	12:07	-1.0	1:01	-0.8	7:17	4:56	
4	Sat	7:43	5.0	8:02	3.7	1:02	-1.3	1:55	-1.0	7:17	4:57	
5	Sun	8:36	5.0	8:56	3.7	1:55	-1.4	2:46	-1.1	7:17	4:58	
6	Mon	9:28	4.9	9:49	3.7	2:47	-1.4	3:36	-1.0	7:17	4:59	
7	Tue	10:18	4.7	10:41	3.6	3:40	-1.2	4:27	-0.9	7:17	5:00	
8	Wed	11:08	4.3	11:33	3.5	4:33	-0.9	5:17	-0.7	7:17	5:01	
9	Thu	11:57	3.9			5:28	-0.6	6:08	-0.5	7:17	5:02	
10	Fri	12:26	3.4	12:47	3.5	6:25	-0.2	6:59	-0.3	7:17	5:03	
11	Sat	1:21	3.3	1:39	3.2	7:24	0.1	7:50	-0.1	7:16	5:03	
12	Sun	2:20	3.2	2:35	2.9	8:24	0.4	8:40	0.1	7:16	5:04	
13	Mon	3:20	3.2	3:32	2.7	9:25	0.5	9:30	0.1	7:16	5:05	
14	Tue	4:17	3.3	4:26	2.7	10:24	0.5	10:20	0.1	7:16	5:07	
15	Wed	5:08	3.4	5:17	2.7	11:19	0.5	11:08	0.1	7:15	5:08	
16	Thu	5:54	3.6	6:03	2.8			12:07	0.4	7:15	5:09	
17	Fri	6:38	3.8	6:47	2.9			12:48	0.3	7:15	5:10	
18	Sat	7:19	4.0	7:30	3.1	12:37	-0.2	1:26	0.1	7:14	5:11	
19	Sun	8:00	4.1	8:12	3.2	1:18	-0.3	2:04	0.0	7:14	5:12	
20	Mon	8:40	4.2	8:53	3.3	1:58	-0.4	2:41	-0.1	7:13	5:13	
21	Tue	9:19	4.2	9:34	3.4	2:38	-0.4	3:19	-0.1	7:13	5:14	
22	Wed	9:58	4.2	10:15	3.4	3:19	-0.3	3:58	-0.1	7:12	5:15	
23	Thu	10:38	4.1	10:58	3.5	4:02	-0.2	4:39	-0.1	7:12	5:16	
24	Fri	11:19	3.9	11:42	3.5	4:48	-0.1	5:22	-0.1	7:11	5:17	
25	Sat			12:03	3.7	5:38	0.0	6:08	-0.1	7:10	5:18	
26	Sun	12:32	3.6	12:51	3.5	6:33	0.1	6:58	-0.1	7:10	5:19	
27	Mon	1:27	3.6	1:47	3.3	7:33	0.2	7:52	-0.2	7:09	5:21	
28	Tue	2:29	3.8	2:49	3.2	8:36	0.2	8:50	-0.3	7:08	5:22	
29	Wed	3:34	3.9	3:54	3.1	9:42	0.1	9:51	-0.5	7:07	5:23	
30	Thu	4:37	4.2	4:56	3.2	10:47	-0.1	10:52	-0.7	7:07	5:24	
31	Fri	5:38	4.4	5:56	3.3	11:49	-0.4	11:52	-1.0	7:06	5:25	