

































Metompkin Inlet, VA - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:59	3.4	2:19	3.4	7:59	0.0	8:28	-0.3	7:17	4:54	
2	Fri	3:04	3.4	3:20	3.1	9:05	0.1	9:23	-0.2	7:17	4:55	
3	Sat	4:07	3.5	4:19	2.9	10:11	0.2	10:16	-0.2	7:17	4:56	
4	Sun	5:03	3.6	5:13	2.9	11:12	0.2	11:06	-0.2	7:17	4:57	
5	Mon	5:52	3.7	6:00	2.9			12:06	0.1	7:17	4:58	
6	Tue	6:35	3.9	6:44	2.9			12:51	0.1	7:17	4:59	
7	Wed	7:17	4.0	7:26	3.0	12:36	-0.3	1:31	0.0	7:17	4:59	
8	Thu	7:57	4.0	8:08	3.0	1:17	-0.4	2:08	0.0	7:17	5:00	
9	Fri	8:37	4.1	8:49	3.1	1:56	-0.4	2:44	0.0	7:17	5:01	
10	Sat	9:17	4.1	9:30	3.1	2:35	-0.3	3:20	0.0	7:17	5:02	
11	Sun	9:56	4.0	10:11	3.1	3:14	-0.2	3:58	0.1	7:17	5:03	
12	Mon	10:35	3.9	10:52	3.1	3:54	-0.1	4:36	0.1	7:16	5:04	
13	Tue	11:14	3.8	11:34	3.1	4:36	0.1	5:16	0.2	7:16	5:05	
14	Wed	11:54	3.6			5:21	0.3	5:58	0.3	7:16	5:06	
15	Thu	12:18	3.2	12:37	3.4	6:10	0.4	6:43	0.3	7:15	5:07	
16	Fri	1:07	3.2	1:25	3.3	7:04	0.5	7:30	0.2	7:15	5:08	
17	Sat	2:02	3.4	2:19	3.2	8:02	0.5	8:22	0.1	7:15	5:09	
18	Sun	3:01	3.6	3:19	3.1	9:03	0.4	9:16	-0.1	7:14	5:10	
19	Mon	4:01	3.9	4:19	3.2	10:05	0.2	10:13	-0.3	7:14	5:12	
20	Tue	4:59	4.2	5:17	3.3	11:07	0.0	11:11	-0.6	7:13	5:13	
21	Wed	5:56	4.5	6:14	3.4			12:06	-0.4	7:13	5:14	
22	Thu	6:50	4.8	7:09	3.6	12:08	-1.0	1:01	-0.7	7:12	5:15	
23	Fri	7:44	5.0	8:03	3.8	1:03	-1.3	1:54	-1.0	7:12	5:16	
24	Sat	8:37	5.0	8:57	3.9	1:56	-1.5	2:44	-1.1	7:11	5:17	
25	Sun	9:28	4.9	9:49	3.9	2:49	-1.5	3:34	-1.2	7:10	5:18	
26	Mon	10:19	4.7	10:42	3.9	3:42	-1.4	4:24	-1.1	7:10	5:19	
27	Tue	11:09	4.4	11:35	3.8	4:37	-1.1	5:15	-0.9	7:09	5:20	
28	Wed	11:59	3.9			5:34	-0.8	6:07	-0.7	7:08	5:21	
29	Thu	12:29	3.6	12:51	3.5	6:33	-0.4	6:59	-0.5	7:07	5:22	
30	Fri	1:27	3.5	1:46	3.1	7:34	-0.1	7:53	-0.3	7:07	5:24	
31	Sat	2:28	3.4	2:45	2.8	8:37	0.2	8:47	-0.1	7:06	5:25	