
































Metompkin Inlet, VA - Jan 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:34	4.0	10:51	3.0	3:54	-0.2	4:43	0.1	7:17	4:54	
2	Sat	11:16	3.8	11:35	3.0	4:37	0.0	5:24	0.2	7:17	4:55	
3	Sun	11:58	3.6			5:23	0.2	6:07	0.4	7:17	4:56	
4	Mon	12:22	2.9	12:42	3.4	6:12	0.5	6:51	0.4	7:17	4:57	
5	Tue	1:11	3.0	1:30	3.2	7:04	0.6	7:36	0.5	7:17	4:57	
6	Wed	2:04	3.0	2:21	3.0	7:58	0.7	8:22	0.5	7:17	4:58	
7	Thu	3:00	3.2	3:15	3.0	8:55	0.7	9:11	0.4	7:17	4:59	
8	Fri	3:55	3.4	4:10	3.0	9:52	0.6	10:01	0.2	7:17	5:00	
9	Sat	4:48	3.7	5:03	3.1	10:49	0.4	10:52	-0.1	7:17	5:01	
10	Sun	5:38	4.1	5:54	3.2	11:45	0.2	11:44	-0.3	7:17	5:02	
11	Mon	6:28	4.4	6:44	3.3			12:37	-0.1	7:17	5:03	
12	Tue	7:17	4.7	7:34	3.5	12:34	-0.6	1:27	-0.4	7:16	5:04	
13	Wed	8:07	4.9	8:24	3.6	1:24	-0.9	2:15	-0.7	7:16	5:05	
14	Thu	8:56	5.0	9:15	3.7	2:14	-1.1	3:04	-0.8	7:16	5:06	
15	Fri	9:46	4.9	10:07	3.7	3:04	-1.1	3:53	-0.9	7:16	5:07	
16	Sat	10:36	4.8	10:59	3.7	3:57	-1.1	4:43	-0.8	7:15	5:08	
17	Sun	11:26	4.5	11:53	3.7	4:52	-0.9	5:35	-0.8	7:15	5:09	
18	Mon			12:18	4.1	5:51	-0.6	6:29	-0.6	7:14	5:10	
19	Tue	12:51	3.7	1:13	3.7	6:53	-0.4	7:23	-0.5	7:14	5:11	
20	Wed	1:52	3.6	2:13	3.3	7:57	-0.1	8:19	-0.4	7:13	5:12	
21	Thu	2:58	3.6	3:15	3.0	9:03	0.0	9:15	-0.4	7:13	5:13	
22	Fri	4:03	3.7	4:18	2.8	10:11	0.1	10:13	-0.3	7:12	5:14	
23	Sat	5:03	3.7	5:16	2.8	11:16	0.1	11:08	-0.4	7:12	5:16	
24	Sun	5:57	3.8	6:08	2.8			12:13	0.0	7:11	5:17	
25	Mon	6:45	3.9	6:54	2.9	12:00	-0.4	1:01	-0.1	7:11	5:18	
26	Tue	7:28	4.0	7:38	3.0	12:47	-0.5	1:42	-0.2	7:10	5:19	
27	Wed	8:10	4.0	8:20	3.0	1:30	-0.6	2:20	-0.2	7:09	5:20	
28	Thu	8:50	4.0	9:01	3.1	2:10	-0.6	2:56	-0.2	7:08	5:21	
29	Fri	9:29	4.0	9:42	3.2	2:50	-0.5	3:32	-0.1	7:08	5:22	
30	Sat	10:08	3.9	10:23	3.2	3:30	-0.4	4:08	0.0	7:07	5:23	
31	Sun	10:46	3.7	11:03	3.2	4:10	-0.2	4:46	0.1	7:06	5:24	