

































## Metompkin Inlet, VA - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:09	4.3	7:23	3.2	12:26	-0.1	1:18	0.1	7:17	4:54	
2	Sun	7:53	4.4	8:08	3.3	1:09	-0.3	2:01	-0.1	7:17	4:55	
3	Mon	8:37	4.6	8:53	3.3	1:53	-0.4	2:44	-0.2	7:17	4:55	
4	Tue	9:21	4.6	9:38	3.4	2:37	-0.5	3:28	-0.3	7:17	4:56	
5	Wed	10:06	4.6	10:25	3.4	3:22	-0.5	4:14	-0.3	7:17	4:57	
6	Thu	10:52	4.5	11:14	3.4	4:11	-0.5	5:01	-0.3	7:17	4:58	
7	Fri	11:40	4.3			5:04	-0.4	5:51	-0.3	7:17	4:59	
8	Sat	12:06	3.4	12:30	4.0	6:01	-0.2	6:43	-0.3	7:17	5:00	
9	Sun	1:03	3.5	1:25	3.7	7:02	-0.1	7:36	-0.3	7:17	5:01	
10	Mon	2:04	3.6	2:25	3.4	8:06	0.0	8:31	-0.4	7:17	5:02	
11	Tue	3:09	3.7	3:28	3.2	9:13	0.0	9:28	-0.4	7:17	5:03	
12	Wed	4:12	3.9	4:30	3.1	10:20	-0.1	10:25	-0.6	7:16	5:04	
13	Thu	5:12	4.1	5:28	3.1	11:25	-0.2	11:22	-0.7	7:16	5:05	
14	Fri	6:08	4.3	6:23	3.1			12:24	-0.4	7:16	5:06	
15	Sat	7:00	4.4	7:15	3.1	12:16	-0.8	1:17	-0.5	7:16	5:07	
16	Sun	7:50	4.5	8:04	3.1	1:07	-0.9	2:04	-0.6	7:15	5:08	
17	Mon	8:37	4.4	8:52	3.2	1:55	-0.9	2:49	-0.5	7:15	5:09	
18	Tue	9:22	4.3	9:37	3.2	2:41	-0.9	3:32	-0.5	7:14	5:10	
19	Wed	10:06	4.1	10:21	3.1	3:26	-0.7	4:13	-0.3	7:14	5:11	
20	Thu	10:48	3.9	11:05	3.1	4:10	-0.5	4:55	-0.2	7:14	5:12	
21	Fri	11:29	3.7	11:50	3.1	4:56	-0.2	5:36	0.0	7:13	5:13	
22	Sat			12:11	3.4	5:44	0.1	6:18	0.2	7:13	5:14	
23	Sun	12:37	3.0	12:56	3.1	6:34	0.4	7:02	0.3	7:12	5:15	
24	Mon	1:27	3.0	1:45	2.9	7:26	0.6	7:46	0.4	7:11	5:16	
25	Tue	2:21	3.1	2:37	2.7	8:21	0.7	8:34	0.4	7:11	5:18	
26	Wed	3:17	3.2	3:33	2.7	9:18	0.8	9:23	0.4	7:10	5:19	
27	Thu	4:13	3.4	4:28	2.7	10:15	0.7	10:15	0.3	7:09	5:20	
28	Fri	5:05	3.6	5:19	2.8	11:11	0.5	11:06	0.1	7:09	5:21	
29	Sat	5:55	3.9	6:08	3.0			12:02	0.3	7:08	5:22	
30	Sun	6:42	4.2	6:56	3.2			12:50	0.1	7:07	5:23	
31	Mon	7:29	4.4	7:43	3.3	12:45	-0.5	1:36	-0.2	7:06	5:24	