

































Metompkin Inlet, VA - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:23	4.1	4:41	3.3	10:29	0.0	10:36	-0.5	7:17	4:54	
2	Tue	5:21	4.4	5:39	3.3	11:32	-0.3	11:33	-0.8	7:17	4:55	
3	Wed	6:17	4.7	6:35	3.4			12:32	-0.5	7:17	4:56	
4	Thu	7:12	4.9	7:30	3.4	12:28	-1.0	1:27	-0.7	7:17	4:57	
5	Fri	8:05	5.0	8:23	3.4	1:21	-1.2	2:20	-0.8	7:17	4:58	
6	Sat	8:58	4.9	9:16	3.4	2:13	-1.2	3:10	-0.8	7:17	4:59	
7	Sun	9:49	4.7	10:07	3.3	3:04	-1.1	4:00	-0.7	7:17	5:00	
8	Mon	10:38	4.5	10:58	3.3	3:56	-0.9	4:49	-0.6	7:17	5:01	
9	Tue	11:26	4.1	11:48	3.2	4:48	-0.6	5:39	-0.4	7:17	5:02	
10	Wed			12:13	3.7	5:43	-0.3	6:27	-0.2	7:17	5:03	
11	Thu	12:40	3.1	1:02	3.4	6:39	0.0	7:15	0.0	7:16	5:04	
12	Fri	1:35	3.0	1:53	3.0	7:36	0.3	8:02	0.2	7:16	5:05	
13	Sat	2:32	3.1	2:47	2.8	8:35	0.5	8:49	0.3	7:16	5:06	
14	Sun	3:30	3.1	3:42	2.7	9:34	0.6	9:36	0.3	7:16	5:07	
15	Mon	4:24	3.3	4:35	2.6	10:32	0.6	10:24	0.3	7:15	5:08	
16	Tue	5:14	3.5	5:24	2.7	11:26	0.6	11:12	0.2	7:15	5:09	
17	Wed	6:00	3.7	6:10	2.8			12:13	0.4	7:15	5:10	
18	Thu	6:44	3.9	6:55	2.9			12:55	0.3	7:14	5:11	
19	Fri	7:27	4.1	7:38	3.0	12:41	-0.1	1:35	0.2	7:14	5:12	
20	Sat	8:08	4.2	8:20	3.1	1:23	-0.3	2:14	0.0	7:13	5:13	
21	Sun	8:50	4.3	9:02	3.2	2:05	-0.4	2:53	-0.1	7:13	5:14	
22	Mon	9:30	4.3	9:45	3.3	2:46	-0.4	3:33	-0.1	7:12	5:15	
23	Tue	10:11	4.3	10:28	3.3	3:29	-0.4	4:14	-0.1	7:11	5:16	
24	Wed	10:53	4.2	11:13	3.4	4:14	-0.3	4:57	-0.2	7:11	5:17	
25	Thu	11:36	4.0			5:04	-0.2	5:42	-0.2	7:10	5:18	
26	Fri	12:01	3.5	12:23	3.7	5:58	-0.1	6:30	-0.2	7:10	5:19	
27	Sat	12:54	3.6	1:15	3.4	6:57	0.0	7:21	-0.2	7:09	5:21	
28	Sun	1:53	3.7	2:13	3.2	8:00	0.1	8:16	-0.2	7:08	5:22	
29	Mon	2:57	3.8	3:17	3.0	9:06	0.1	9:14	-0.3	7:07	5:23	
30	Tue	4:02	4.0	4:21	3.0	10:14	0.0	10:15	-0.5	7:06	5:24	
31	Wed	5:05	4.2	5:23	3.0	11:20	-0.2	11:16	-0.7	7:06	5:25	