

































Metompkin Inlet, VA - Jan 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:01	4.1	10:14	2.9	3:15	-0.2	4:10	0.2	7:17	4:54	
2	Thu	10:42	3.9	10:56	2.9	3:56	0.0	4:50	0.3	7:17	4:55	
3	Fri	11:22	3.7	11:40	2.9	4:39	0.2	5:30	0.4	7:17	4:56	
4	Sat			12:03	3.5	5:25	0.4	6:12	0.5	7:17	4:57	
5	Sun	12:25	2.9	12:46	3.3	6:15	0.6	6:54	0.5	7:17	4:57	
6	Mon	1:14	3.0	1:33	3.1	7:08	0.7	7:37	0.5	7:17	4:58	
7	Tue	2:08	3.1	2:24	3.0	8:04	0.7	8:23	0.4	7:17	4:59	
8	Wed	3:03	3.3	3:19	2.9	9:02	0.7	9:12	0.3	7:17	5:00	
9	Thu	3:59	3.6	4:15	2.9	10:03	0.6	10:04	0.1	7:17	5:01	
10	Fri	4:54	3.9	5:10	3.0	11:02	0.3	10:58	-0.2	7:17	5:02	
11	Sat	5:47	4.3	6:03	3.1			12:00	0.1	7:17	5:03	
12	Sun	6:39	4.6	6:56	3.2			12:54	-0.2	7:16	5:04	
13	Mon	7:32	4.8	7:48	3.3	12:45	-0.8	1:45	-0.5	7:16	5:05	
14	Tue	8:24	5.0	8:41	3.4	1:37	-1.0	2:35	-0.7	7:16	5:06	
15	Wed	9:16	5.0	9:34	3.5	2:29	-1.2	3:25	-0.8	7:16	5:07	
16	Thu	10:06	4.9	10:27	3.6	3:22	-1.2	4:15	-0.8	7:15	5:08	
17	Fri	10:57	4.6	11:20	3.6	4:17	-1.0	5:06	-0.7	7:15	5:09	
18	Sat	11:47	4.2			5:14	-0.8	5:57	-0.6	7:14	5:10	
19	Sun	12:16	3.6	12:39	3.8	6:15	-0.5	6:49	-0.5	7:14	5:11	
20	Mon	1:14	3.6	1:34	3.3	7:18	-0.2	7:41	-0.4	7:13	5:12	
21	Tue	2:16	3.6	2:34	3.0	8:24	0.1	8:35	-0.2	7:13	5:13	
22	Wed	3:21	3.6	3:36	2.7	9:32	0.2	9:30	-0.1	7:12	5:15	
23	Thu	4:24	3.6	4:37	2.6	10:40	0.3	10:25	-0.1	7:12	5:16	
24	Fri	5:21	3.7	5:32	2.5	11:43	0.3	11:19	-0.1	7:11	5:17	
25	Sat	6:12	3.8	6:20	2.6			12:35	0.2	7:11	5:18	
26	Sun	6:58	3.9	7:05	2.7	12:09	-0.2	1:18	0.1	7:10	5:19	
27	Mon	7:40	3.9	7:47	2.8	12:54	-0.3	1:55	0.1	7:09	5:20	
28	Tue	8:21	4.0	8:28	2.9	1:36	-0.4	2:30	0.1	7:08	5:21	
29	Wed	9:00	4.0	9:08	3.0	2:15	-0.4	3:05	0.1	7:08	5:22	
30	Thu	9:38	4.0	9:48	3.1	2:54	-0.3	3:39	0.1	7:07	5:23	
31	Fri	10:15	3.9	10:28	3.1	3:33	-0.2	4:14	0.1	7:06	5:24	