

































Metompkin Inlet, VA - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:29	4.2	6:42	3.0			12:41	0.3	7:17	4:54	
2	Fri	7:14	4.4	7:29	3.1	12:27	-0.2	1:27	0.1	7:17	4:55	
3	Sat	8:01	4.6	8:15	3.1	1:13	-0.4	2:12	-0.1	7:17	4:55	
4	Sun	8:47	4.7	9:02	3.2	1:59	-0.6	2:57	-0.2	7:17	4:56	
5	Mon	9:34	4.7	9:51	3.3	2:46	-0.7	3:43	-0.3	7:17	4:57	
6	Tue	10:21	4.7	10:40	3.4	3:35	-0.7	4:31	-0.3	7:17	4:58	
7	Wed	11:09	4.5	11:32	3.4	4:28	-0.6	5:20	-0.4	7:17	4:59	
8	Thu	11:58	4.2			5:24	-0.4	6:10	-0.4	7:17	5:00	
9	Fri	12:27	3.5	12:50	3.8	6:24	-0.2	7:01	-0.3	7:17	5:01	
10	Sat	1:26	3.6	1:46	3.4	7:28	0.0	7:53	-0.3	7:17	5:02	
11	Sun	2:29	3.7	2:47	3.1	8:34	0.1	8:48	-0.3	7:17	5:03	
12	Mon	3:33	3.8	3:50	2.9	9:43	0.1	9:44	-0.3	7:16	5:04	
13	Tue	4:36	4.0	4:51	2.8	10:51	0.1	10:41	-0.4	7:16	5:05	
14	Wed	5:35	4.1	5:48	2.7	11:55	0.0	11:37	-0.5	7:16	5:06	
15	Thu	6:29	4.2	6:41	2.8			12:50	-0.1	7:16	5:07	
16	Fri	7:19	4.3	7:30	2.8	12:30	-0.6	1:39	-0.2	7:15	5:08	
17	Sat	8:07	4.3	8:17	2.9	1:19	-0.7	2:22	-0.2	7:15	5:09	
18	Sun	8:51	4.2	9:01	3.0	2:05	-0.7	3:03	-0.2	7:14	5:10	
19	Mon	9:33	4.1	9:44	3.0	2:49	-0.6	3:42	-0.1	7:14	5:11	
20	Tue	10:14	4.0	10:27	3.0	3:31	-0.5	4:20	0.0	7:14	5:12	
21	Wed	10:53	3.8	11:09	3.0	4:14	-0.2	4:58	0.1	7:13	5:13	
22	Thu	11:32	3.5	11:52	3.0	4:59	0.0	5:36	0.2	7:12	5:14	
23	Fri			12:12	3.3	5:45	0.3	6:15	0.3	7:12	5:15	
24	Sat	12:37	3.1	12:55	3.0	6:35	0.5	6:56	0.4	7:11	5:16	
25	Sun	1:26	3.1	1:42	2.8	7:27	0.7	7:40	0.5	7:11	5:18	
26	Mon	2:20	3.2	2:35	2.6	8:23	0.8	8:27	0.5	7:10	5:19	
27	Tue	3:17	3.3	3:32	2.5	9:22	0.8	9:19	0.4	7:09	5:20	
28	Wed	4:14	3.5	4:29	2.6	10:21	0.7	10:13	0.3	7:09	5:21	
29	Thu	5:09	3.8	5:23	2.7	11:19	0.5	11:08	0.0	7:08	5:22	
30	Fri	6:01	4.1	6:14	2.9			12:13	0.3	7:07	5:23	
31	Sat	6:51	4.3	7:04	3.1	12:01	-0.3	1:03	0.0	7:06	5:24	