

































Metompkin Inlet, VA - Jan 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:57	3.9	5:11	3.1	11:02	0.5	11:00	-0.1	7:17	4:54	
2	Mon	5:49	4.3	6:03	3.2	11:57	0.2	11:53	-0.4	7:17	4:55	
3	Tue	6:39	4.6	6:54	3.4			12:49	-0.2	7:17	4:56	
4	Wed	7:29	4.8	7:45	3.6	12:45	-0.7	1:38	-0.5	7:17	4:56	
5	Thu	8:19	5.0	8:36	3.7	1:36	-1.0	2:26	-0.7	7:17	4:57	
6	Fri	9:08	5.0	9:28	3.8	2:26	-1.1	3:15	-0.8	7:17	4:58	
7	Sat	9:57	4.9	10:20	3.9	3:18	-1.1	4:03	-0.9	7:17	4:59	
8	Sun	10:47	4.6	11:13	3.9	4:12	-1.0	4:53	-0.8	7:17	5:00	
9	Mon	11:37	4.2			5:08	-0.8	5:44	-0.8	7:17	5:01	
10	Tue	12:07	3.9	12:29	3.8	6:08	-0.5	6:37	-0.6	7:17	5:02	
11	Wed	1:05	3.8	1:25	3.4	7:10	-0.2	7:32	-0.5	7:17	5:03	
12	Thu	2:08	3.7	2:25	3.0	8:16	0.0	8:28	-0.4	7:16	5:04	
13	Fri	3:14	3.7	3:28	2.8	9:23	0.2	9:25	-0.3	7:16	5:05	
14	Sat	4:19	3.7	4:31	2.7	10:31	0.2	10:23	-0.3	7:16	5:06	
15	Sun	5:18	3.8	5:27	2.7	11:34	0.2	11:19	-0.3	7:16	5:07	
16	Mon	6:10	3.9	6:18	2.8			12:28	0.1	7:15	5:08	
17	Tue	6:56	3.9	7:03	2.9	12:10	-0.4	1:12	0.0	7:15	5:09	
18	Wed	7:38	4.0	7:46	3.0	12:56	-0.5	1:50	-0.1	7:14	5:10	
19	Thu	8:18	4.0	8:28	3.1	1:38	-0.5	2:26	-0.1	7:14	5:11	
20	Fri	8:57	4.0	9:09	3.2	2:18	-0.5	3:01	-0.1	7:13	5:12	
21	Sat	9:35	3.9	9:49	3.2	2:58	-0.4	3:36	-0.1	7:13	5:13	
22	Sun	10:13	3.8	10:30	3.3	3:37	-0.3	4:11	0.0	7:12	5:14	
23	Mon	10:51	3.6	11:10	3.3	4:18	-0.1	4:48	0.1	7:12	5:15	
24	Tue	11:29	3.4	11:52	3.3	5:01	0.1	5:27	0.2	7:11	5:16	
25	Wed			12:09	3.2	5:47	0.4	6:08	0.3	7:11	5:18	
26	Thu	12:37	3.3	12:52	3.0	6:36	0.6	6:52	0.3	7:10	5:19	
27	Fri	1:27	3.3	1:42	2.9	7:30	0.7	7:41	0.3	7:09	5:20	
28	Sat	2:24	3.4	2:39	2.8	8:28	0.7	8:35	0.2	7:09	5:21	
29	Sun	3:24	3.6	3:39	2.8	9:29	0.6	9:32	0.0	7:08	5:22	
30	Mon	4:24	3.9	4:39	3.0	10:30	0.4	10:31	-0.2	7:07	5:23	
31	Tue	5:21	4.2	5:36	3.2	11:29	0.1	11:29	-0.6	7:06	5:24	