

































Metompkin Inlet, VA - Jan 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:20	3.8	2:39	3.3	8:25	0.1	8:43	-0.4	7:17	4:55	
2	Wed	3:25	3.9	3:42	3.1	9:32	0.1	9:41	-0.5	7:17	4:55	
3	Thu	4:29	4.0	4:44	3.1	10:38	0.0	10:39	-0.6	7:17	4:56	
4	Fri	5:28	4.2	5:42	3.1	11:41	-0.2	11:36	-0.7	7:17	4:57	
5	Sat	6:23	4.3	6:36	3.1			12:38	-0.3	7:17	4:58	
6	Sun	7:14	4.4	7:27	3.2	12:30	-0.8	1:28	-0.5	7:17	4:59	
7	Mon	8:01	4.4	8:15	3.3	1:20	-0.9	2:13	-0.5	7:17	5:00	
8	Tue	8:47	4.4	9:01	3.3	2:07	-0.9	2:56	-0.5	7:17	5:01	
9	Wed	9:30	4.2	9:46	3.3	2:52	-0.8	3:37	-0.4	7:17	5:02	
10	Thu	10:12	4.0	10:30	3.3	3:36	-0.6	4:17	-0.3	7:17	5:03	
11	Fri	10:53	3.8	11:13	3.2	4:20	-0.3	4:58	-0.1	7:16	5:04	
12	Sat	11:34	3.6	11:58	3.2	5:06	-0.1	5:38	0.0	7:16	5:05	
13	Sun			12:16	3.3	5:53	0.2	6:21	0.2	7:16	5:06	
14	Mon	12:45	3.1	1:01	3.0	6:43	0.5	7:04	0.3	7:16	5:07	
15	Tue	1:35	3.1	1:50	2.8	7:36	0.7	7:51	0.4	7:15	5:08	
16	Wed	2:31	3.2	2:44	2.7	8:31	0.8	8:40	0.4	7:15	5:09	
17	Thu	3:28	3.3	3:40	2.7	9:28	0.8	9:31	0.3	7:14	5:10	
18	Fri	4:23	3.5	4:35	2.8	10:25	0.7	10:24	0.2	7:14	5:11	
19	Sat	5:15	3.8	5:27	2.9	11:19	0.5	11:16	-0.1	7:14	5:12	
20	Sun	6:04	4.0	6:16	3.1			12:10	0.2	7:13	5:13	
21	Mon	6:51	4.3	7:04	3.3	12:06	-0.4	12:57	-0.1	7:13	5:14	
22	Tue	7:37	4.5	7:52	3.5	12:55	-0.6	1:42	-0.3	7:12	5:15	
23	Wed	8:23	4.6	8:40	3.7	1:43	-0.9	2:27	-0.6	7:11	5:16	
24	Thu	9:09	4.7	9:28	3.9	2:31	-1.0	3:11	-0.7	7:11	5:17	
25	Fri	9:55	4.6	10:17	4.0	3:20	-1.0	3:57	-0.8	7:10	5:18	
26	Sat	10:42	4.4	11:08	4.0	4:11	-0.9	4:44	-0.8	7:09	5:20	
27	Sun	11:30	4.1			5:06	-0.7	5:34	-0.7	7:09	5:21	
28	Mon	12:00	4.0	12:21	3.7	6:04	-0.5	6:26	-0.6	7:08	5:22	
29	Tue	12:57	3.9	1:17	3.3	7:05	-0.2	7:22	-0.5	7:07	5:23	
30	Wed	1:59	3.8	2:18	3.0	8:10	0.0	8:21	-0.4	7:06	5:24	
31	Thu	3:06	3.8	3:24	2.8	9:17	0.1	9:22	-0.4	7:06	5:25	