

Metompkin Inlet, VA - Jan 2080

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:40	3.5	2:57	3.1	8:42	0.5	8:55	0.1	7:17	4:54	
2	Tue	3:40	3.8	3:57	3.0	9:46	0.4	9:49	-0.1	7:17	4:55	
3	Wed	4:39	4.2	4:57	3.0	10:50	0.2	10:46	-0.4	7:17	4:56	
4	Thu	5:36	4.5	5:54	3.1	11:52	-0.1	11:43	-0.7	7:17	4:56	
5	Fri	6:33	4.8	6:50	3.2			12:50	-0.4	7:17	4:57	
6	Sat	7:28	5.0	7:45	3.3	12:40	-1.0	1:45	-0.6	7:17	4:58	
7	Sun	8:23	5.1	8:40	3.4	1:35	-1.2	2:37	-0.7	7:17	4:59	
8	Mon	9:16	5.0	9:34	3.5	2:28	-1.3	3:27	-0.8	7:17	5:00	
9	Tue	10:08	4.8	10:27	3.5	3:22	-1.2	4:18	-0.7	7:17	5:01	
10	Wed	10:58	4.5	11:21	3.5	4:17	-1.0	5:08	-0.6	7:17	5:02	
11	Thu	11:47	4.1			5:14	-0.7	5:58	-0.5	7:17	5:03	
12	Fri	12:15	3.4	12:37	3.6	6:13	-0.3	6:47	-0.3	7:16	5:04	
13	Sat	1:10	3.4	1:29	3.2	7:14	0.0	7:36	-0.1	7:16	5:05	
14	Sun	2:09	3.3	2:24	2.8	8:17	0.3	8:26	0.0	7:16	5:06	
15	Mon	3:10	3.3	3:22	2.6	9:22	0.5	9:16	0.1	7:15	5:07	
16	Tue	4:10	3.4	4:20	2.4	10:27	0.6	10:07	0.2	7:15	5:08	
17	Wed	5:04	3.5	5:12	2.4	11:27	0.5	10:58	0.2	7:15	5:09	
18	Thu	5:53	3.6	6:00	2.5			12:17	0.5	7:14	5:10	
19	Fri	6:38	3.7	6:44	2.6			12:59	0.4	7:14	5:11	
20	Sat	7:21	3.9	7:26	2.7	12:32	-0.1	1:36	0.3	7:13	5:12	
21	Sun	8:02	4.0	8:08	2.9	1:14	-0.2	2:11	0.2	7:13	5:13	
22	Mon	8:41	4.0	8:49	3.0	1:54	-0.3	2:46	0.2	7:12	5:14	
23	Tue	9:19	4.1	9:29	3.1	2:33	-0.3	3:21	0.1	7:12	5:15	
24	Wed	9:57	4.0	10:09	3.1	3:12	-0.2	3:56	0.1	7:11	5:17	
25	Thu	10:33	3.9	10:49	3.2	3:53	-0.1	4:33	0.1	7:11	5:18	
26	Fri	11:10	3.7	11:31	3.3	4:36	0.0	5:11	0.1	7:10	5:19	
27	Sat	11:50	3.5			5:24	0.1	5:51	0.1	7:09	5:20	
28	Sun	12:16	3.4	12:33	3.3	6:16	0.3	6:36	0.1	7:08	5:21	
29	Mon	1:06	3.5	1:24	3.0	7:14	0.4	7:25	0.1	7:08	5:22	
30	Tue	2:05	3.7	2:23	2.8	8:17	0.4	8:20	0.0	7:07	5:23	
31	Wed	3:09	3.8	3:28	2.7	9:24	0.4	9:21	-0.1	7:06	5:24	