

Metompkin Inlet, VA - Jan 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:36	4.2	8:49	3.1	1:57	-0.5	2:46	-0.2	7:17	4:54	
2	Mon	9:17	4.1	9:31	3.1	2:37	-0.5	3:24	-0.1	7:17	4:55	
3	Tue	9:57	4.0	10:13	3.1	3:17	-0.3	4:02	0.0	7:17	4:56	
4	Wed	10:37	3.9	10:55	3.1	3:58	-0.1	4:41	0.1	7:17	4:57	
5	Thu	11:17	3.7	11:38	3.1	4:40	0.1	5:21	0.2	7:17	4:58	
6	Fri	11:58	3.5			5:26	0.3	6:03	0.3	7:17	4:59	
7	Sat	12:23	3.1	12:41	3.3	6:14	0.5	6:47	0.4	7:17	5:00	
8	Sun	1:11	3.1	1:28	3.2	7:06	0.6	7:32	0.4	7:17	5:01	
9	Mon	2:05	3.2	2:21	3.1	8:01	0.7	8:21	0.3	7:17	5:01	
10	Tue	3:01	3.4	3:17	3.0	8:59	0.7	9:12	0.2	7:17	5:02	
11	Wed	3:58	3.6	4:13	3.1	9:58	0.5	10:06	0.0	7:16	5:03	
12	Thu	4:53	4.0	5:09	3.2	10:57	0.3	11:01	-0.3	7:16	5:04	
13	Fri	5:46	4.3	6:02	3.3	11:53	-0.1	11:55	-0.6	7:16	5:05	
14	Sat	6:38	4.6	6:55	3.5			12:47	-0.4	7:16	5:06	
15	Sun	7:29	4.9	7:47	3.7	12:47	-1.0	1:38	-0.7	7:15	5:07	
16	Mon	8:20	5.0	8:39	3.8	1:39	-1.2	2:27	-0.9	7:15	5:09	
17	Tue	9:11	5.0	9:32	3.9	2:31	-1.3	3:17	-1.1	7:14	5:10	
18	Wed	10:01	4.9	10:24	3.9	3:23	-1.3	4:07	-1.1	7:14	5:11	
19	Thu	10:52	4.6	11:17	3.9	4:18	-1.2	4:58	-1.0	7:14	5:12	
20	Fri	11:42	4.2			5:14	-0.9	5:50	-0.8	7:13	5:13	
21	Sat	12:12	3.8	12:35	3.8	6:14	-0.6	6:44	-0.7	7:13	5:14	
22	Sun	1:11	3.7	1:31	3.4	7:16	-0.3	7:39	-0.5	7:12	5:15	
23	Mon	2:13	3.6	2:32	3.0	8:20	0.0	8:35	-0.3	7:11	5:16	
24	Tue	3:19	3.5	3:35	2.8	9:27	0.1	9:33	-0.3	7:11	5:17	
25	Wed	4:24	3.6	4:36	2.7	10:34	0.2	10:30	-0.2	7:10	5:18	
26	Thu	5:21	3.6	5:31	2.7	11:35	0.2	11:24	-0.3	7:09	5:19	
27	Fri	6:11	3.7	6:19	2.8			12:26	0.1	7:09	5:20	
28	Sat	6:54	3.8	7:02	2.9	12:12	-0.4	1:08	0.0	7:08	5:22	
29	Sun	7:35	3.9	7:44	3.0	12:56	-0.4	1:45	-0.1	7:07	5:23	
30	Mon	8:15	3.9	8:25	3.2	1:37	-0.5	2:20	-0.1	7:06	5:24	
31	Tue	8:53	4.0	9:06	3.3	2:16	-0.5	2:55	-0.1	7:06	5:25	