

Metompkin Inlet, VA - Jan 2091

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:56	3.6	5:08	3.0	10:56	0.6	10:58	0.1	7:17	4:54	
2	Tue	5:43	3.9	5:56	3.1	11:47	0.4	11:45	-0.1	7:17	4:55	
3	Wed	6:29	4.2	6:43	3.2			12:35	0.1	7:17	4:56	
4	Thu	7:14	4.4	7:29	3.4	12:32	-0.3	1:21	-0.1	7:17	4:57	
5	Fri	8:00	4.6	8:16	3.5	1:17	-0.5	2:06	-0.3	7:17	4:58	
6	Sat	8:45	4.7	9:03	3.6	2:03	-0.7	2:51	-0.5	7:17	4:58	
7	Sun	9:32	4.8	9:51	3.6	2:50	-0.8	3:38	-0.6	7:17	4:59	
8	Mon	10:19	4.7	10:41	3.7	3:39	-0.8	4:25	-0.6	7:17	5:00	
9	Tue	11:07	4.5	11:32	3.7	4:31	-0.7	5:15	-0.6	7:17	5:01	
10	Wed	11:57	4.2			5:26	-0.5	6:07	-0.5	7:17	5:02	
11	Thu	12:27	3.6	12:50	3.9	6:26	-0.3	7:01	-0.5	7:16	5:03	
12	Fri	1:26	3.6	1:47	3.5	7:29	-0.1	7:56	-0.5	7:16	5:04	
13	Sat	2:29	3.7	2:49	3.3	8:34	0.0	8:53	-0.5	7:16	5:05	
14	Sun	3:35	3.8	3:53	3.1	9:41	0.0	9:51	-0.5	7:16	5:06	
15	Mon	4:38	3.9	4:54	3.0	10:47	-0.1	10:49	-0.6	7:15	5:07	
16	Tue	5:36	4.0	5:50	3.0	11:49	-0.2	11:44	-0.7	7:15	5:08	
17	Wed	6:29	4.2	6:42	3.1			12:44	-0.3	7:15	5:09	
18	Thu	7:18	4.2	7:30	3.1	12:36	-0.8	1:31	-0.4	7:14	5:10	
19	Fri	8:03	4.2	8:16	3.2	1:23	-0.8	2:15	-0.5	7:14	5:11	
20	Sat	8:47	4.2	9:00	3.2	2:08	-0.8	2:55	-0.5	7:13	5:13	
21	Sun	9:29	4.1	9:43	3.2	2:51	-0.7	3:34	-0.4	7:13	5:14	
22	Mon	10:09	4.0	10:26	3.2	3:33	-0.6	4:13	-0.2	7:12	5:15	
23	Tue	10:49	3.8	11:08	3.2	4:15	-0.3	4:53	-0.1	7:12	5:16	
24	Wed	11:30	3.6	11:51	3.1	4:59	-0.1	5:33	0.1	7:11	5:17	
25	Thu			12:11	3.3	5:45	0.2	6:14	0.2	7:10	5:18	
26	Fri	12:37	3.1	12:56	3.1	6:34	0.5	6:58	0.4	7:10	5:19	
27	Sat	1:27	3.1	1:44	2.9	7:26	0.6	7:44	0.4	7:09	5:20	
28	Sun	2:21	3.2	2:38	2.8	8:21	0.7	8:34	0.4	7:08	5:21	
29	Mon	3:19	3.3	3:34	2.8	9:18	0.7	9:26	0.3	7:07	5:22	
30	Tue	4:15	3.5	4:30	2.9	10:16	0.6	10:19	0.1	7:07	5:24	
31	Wed	5:08	3.8	5:23	3.0	11:12	0.4	11:13	-0.1	7:06	5:25	