

Metompkin Inlet, VA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:13	3.3	3:27	2.8	9:13	0.8	9:17	0.4	7:17	4:54	
2	Fri	4:07	3.6	4:22	2.8	10:12	0.7	10:08	0.2	7:17	4:55	
3	Sat	5:00	3.9	5:15	2.9	11:10	0.5	11:01	0.0	7:17	4:56	
4	Sun	5:52	4.2	6:07	3.0			12:06	0.2	7:17	4:57	
5	Mon	6:43	4.5	6:58	3.1			12:58	-0.1	7:17	4:58	
6	Tue	7:34	4.8	7:50	3.2	12:46	-0.6	1:48	-0.3	7:17	4:58	
7	Wed	8:25	4.9	8:41	3.4	1:37	-0.9	2:37	-0.5	7:17	4:59	
8	Thu	9:16	5.0	9:33	3.5	2:28	-1.0	3:25	-0.6	7:17	5:00	
9	Fri	10:06	4.9	10:25	3.6	3:20	-1.0	4:14	-0.7	7:17	5:01	
10	Sat	10:55	4.6	11:19	3.6	4:15	-0.9	5:04	-0.7	7:17	5:02	
11	Sun	11:45	4.2			5:12	-0.7	5:54	-0.6	7:16	5:03	
12	Mon	12:14	3.6	12:36	3.8	6:12	-0.4	6:45	-0.5	7:16	5:04	
13	Tue	1:12	3.6	1:31	3.3	7:16	-0.1	7:37	-0.4	7:16	5:05	
14	Wed	2:14	3.6	2:30	2.9	8:22	0.1	8:31	-0.3	7:16	5:06	
15	Thu	3:19	3.7	3:33	2.7	9:31	0.2	9:26	-0.2	7:15	5:07	
16	Fri	4:23	3.7	4:35	2.5	10:40	0.3	10:23	-0.1	7:15	5:08	
17	Sat	5:22	3.8	5:32	2.5	11:45	0.2	11:19	-0.2	7:15	5:09	
18	Sun	6:14	3.9	6:22	2.6			12:38	0.2	7:14	5:10	
19	Mon	7:02	3.9	7:08	2.7	12:11	-0.3	1:23	0.1	7:14	5:11	
20	Tue	7:45	4.0	7:51	2.8	12:57	-0.4	2:02	0.1	7:13	5:13	
21	Wed	8:26	4.0	8:33	2.9	1:40	-0.4	2:37	0.0	7:13	5:14	
22	Thu	9:06	4.0	9:14	3.0	2:20	-0.4	3:12	0.1	7:12	5:15	
23	Fri	9:43	3.9	9:54	3.0	3:00	-0.4	3:46	0.1	7:11	5:16	
24	Sat	10:20	3.8	10:34	3.1	3:40	-0.2	4:21	0.1	7:11	5:17	
25	Sun	10:57	3.6	11:14	3.1	4:20	0.0	4:56	0.2	7:10	5:18	
26	Mon	11:34	3.4	11:55	3.2	5:03	0.2	5:32	0.3	7:10	5:19	
27	Tue			12:13	3.2	5:50	0.4	6:11	0.4	7:09	5:20	
28	Wed	12:39	3.2	12:55	2.9	6:40	0.6	6:53	0.4	7:08	5:21	
29	Thu	1:29	3.3	1:44	2.7	7:35	0.7	7:40	0.4	7:07	5:22	
30	Fri	2:25	3.4	2:41	2.6	8:34	0.7	8:33	0.4	7:07	5:24	
31	Sat	3:26	3.6	3:43	2.6	9:36	0.7	9:31	0.2	7:06	5:25	