US HARBORS www.USHarbors.com

West Point, VA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:50	2.2	2:04	2.4	8:16	0.0	8:46	-0.1	7:21	4:59	
2	Fri	2:31	2.2	2:46	2.3	9:03	0.0	9:27	-0.1	7:22	5:00	
3	Sat	3:14	2.3	3:30	2.2	9:57	0.1	10:13	-0.1	7:22	5:01	
4	Sun	4:02	2.4	4:20	2.1	10:56	0.1	11:04	-0.2	7:22	5:02	
5	Mon	4:57	2.4	5:19	2.0			12:03	0.1	7:22	5:03	
6	Tue	6:01	2.5	6:27	1.9	12:01	-0.2	1:13	0.0	7:22	5:04	
7	Wed	7:10	2.7	7:36	2.0	1:04	-0.3	2:20	-0.1	7:22	5:05	
8	Thu	8:15	2.9	8:39	2.1	2:08	-0.3	3:22	-0.2	7:22	5:06	
9	Fri	9:17	3.0	9:40	2.2	3:09	-0.5	4:22	-0.3	7:21	5:06	
10	Sat	10:15	3.2	10:38	2.4	4:11	-0.6	5:16	-0.4	7:21	5:07	
11	Sun	11:10	3.2	11:32	2.5	5:09	-0.6	6:06	-0.5	7:21	5:08	
12	Mon			12:00	3.2	6:04	-0.7	6:52	-0.5	7:21	5:09	
13	Tue	12:25	2.6	12:49	3.0	6:57	-0.6	7:38	-0.5	7:21	5:10	
14	Wed	1:16	2.7	1:38	2.8	7:50	-0.5	8:25	-0.5	7:20	5:11	
15	Thu	2:09	2.6	2:26	2.6	8:47	-0.4	9:13	-0.4	7:20	5:12	
16	Fri	3:01	2.6	3:13	2.3	9:45	-0.2	10:01	-0.3	7:20	5:13	
17	Sat	3:52	2.5	4:00	2.1	10:44	-0.1	10:50	-0.2	7:19	5:15	
18	Sun	4:45	2.4	4:52	1.9	11:44	0.1	11:42	-0.1	7:19	5:16	
19	Mon	5:46	2.3	5:52	1.7			12:47	0.1	7:18	5:17	
20	Tue	6:52	2.2	6:59	1.7	12:37	0.0	1:46	0.1	7:18	5:18	
21	Wed	7:50	2.3	7:58	1.7	1:33	0.0	2:40	0.1	7:17	5:19	
22	Thu	8:41	2.3	8:50	1.8	2:25	0.0	3:30	0.1	7:17	5:20	
23	Fri	9:26	2.4	9:36	1.9	3:15	-0.1	4:15	0.0	7:16	5:21	
24	Sat	10:07	2.5	10:19	2.0	4:02	-0.1	4:55	-0.1	7:16	5:22	
25	Sun	10:45	2.6	10:59	2.1	4:46	-0.2	5:31	-0.2	7:15	5:23	
26	Mon	11:20	2.6	11:35	2.2	5:26	-0.2	6:03	-0.2	7:14	5:24	
27	Tue	11:53	2.6			6:03	-0.3	6:34	-0.3	7:14	5:25	
28	Wed	12:10	2.3	12:26	2.6	6:39	-0.3	7:04	-0.3	7:13	5:26	
29	Thu	12:45	2.3	1:01	2.5	7:16	-0.2	7:36	-0.3	7:12	5:28	
30	Fri	1:21	2.4	1:38	2.4	7:56	-0.2	8:12	-0.3	7:11	5:29	
31	Sat	2:01	2.4	2:19	2.3	8:41	-0.1	8:53	-0.3	7:11	5:30	