

## Metompkin Inlet, VA - Nov 2003

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 1:39  | 3.1 | 2:19  | 4.2 | 7:31  | 0.5  | 8:45  | 0.6  | 6:27                                                                                | 5:04 |    |
| 2    | Sun | 2:54  | 3.1 | 3:29  | 4.0 | 8:40  | 0.6  | 9:47  | 0.6  | 6:28                                                                                | 5:03 |    |
| 3    | Mon | 4:05  | 3.2 | 4:31  | 3.9 | 9:47  | 0.6  | 10:40 | 0.6  | 6:29                                                                                | 5:02 |    |
| 4    | Tue | 5:02  | 3.5 | 5:21  | 3.8 | 10:50 | 0.6  | 11:25 | 0.5  | 6:30                                                                                | 5:01 |    |
| 5    | Wed | 5:48  | 3.7 | 6:04  | 3.8 | 11:44 | 0.5  |       |      | 6:31                                                                                | 5:00 |    |
| 6    | Thu | 6:27  | 4.0 | 6:42  | 3.7 | 12:03 | 0.4  | 12:30 | 0.4  | 6:32                                                                                | 4:59 |    |
| 7    | Fri | 7:04  | 4.2 | 7:19  | 3.6 | 12:37 | 0.3  | 1:11  | 0.3  | 6:33                                                                                | 4:58 |    |
| 8    | Sat | 7:41  | 4.3 | 7:57  | 3.6 | 1:10  | 0.3  | 1:49  | 0.3  | 6:34                                                                                | 4:57 |    |
| 9    | Sun | 8:18  | 4.4 | 8:35  | 3.5 | 1:44  | 0.3  | 2:27  | 0.3  | 6:35                                                                                | 4:56 |    |
| 10   | Mon | 8:57  | 4.5 | 9:14  | 3.4 | 2:18  | 0.3  | 3:04  | 0.4  | 6:36                                                                                | 4:55 |    |
| 11   | Tue | 9:36  | 4.4 | 9:54  | 3.3 | 2:54  | 0.4  | 3:44  | 0.6  | 6:37                                                                                | 4:54 |    |
| 12   | Wed | 10:17 | 4.3 | 10:34 | 3.1 | 3:31  | 0.6  | 4:26  | 0.7  | 6:38                                                                                | 4:54 |   |
| 13   | Thu | 10:59 | 4.2 | 11:17 | 3.0 | 4:11  | 0.7  | 5:11  | 0.9  | 6:40                                                                                | 4:53 |  |
| 14   | Fri | 11:43 | 4.1 |       |     | 4:55  | 0.9  | 6:00  | 1.1  | 6:41                                                                                | 4:52 |  |
| 15   | Sat | 12:03 | 2.9 | 12:32 | 4.0 | 5:45  | 1.0  | 6:52  | 1.1  | 6:42                                                                                | 4:51 |  |
| 16   | Sun | 12:55 | 2.9 | 1:25  | 3.9 | 6:41  | 1.0  | 7:45  | 1.0  | 6:43                                                                                | 4:51 |  |
| 17   | Mon | 1:55  | 3.0 | 2:23  | 3.9 | 7:42  | 1.0  | 8:37  | 0.9  | 6:44                                                                                | 4:50 |  |
| 18   | Tue | 2:57  | 3.2 | 3:21  | 3.9 | 8:44  | 0.8  | 9:28  | 0.6  | 6:45                                                                                | 4:49 |  |
| 19   | Wed | 3:56  | 3.6 | 4:18  | 4.0 | 9:46  | 0.6  | 10:19 | 0.3  | 6:46                                                                                | 4:49 |  |
| 20   | Thu | 4:51  | 4.1 | 5:11  | 4.1 | 10:47 | 0.3  | 11:08 | -0.1 | 6:47                                                                                | 4:48 |  |
| 21   | Fri | 5:42  | 4.6 | 6:03  | 4.1 | 11:46 | -0.1 | 11:57 | -0.4 | 6:48                                                                                | 4:47 |  |
| 22   | Sat | 6:33  | 5.0 | 6:54  | 4.0 |       |      | 12:42 | -0.4 | 6:49                                                                                | 4:47 |  |
| 23   | Sun | 7:24  | 5.3 | 7:45  | 4.0 | 12:46 | -0.7 | 1:36  | -0.6 | 6:50                                                                                | 4:46 |  |
| 24   | Mon | 8:15  | 5.4 | 8:36  | 3.8 | 1:34  | -0.9 | 2:29  | -0.7 | 6:51                                                                                | 4:46 |  |
| 25   | Tue | 9:08  | 5.4 | 9:29  | 3.7 | 2:23  | -0.9 | 3:22  | -0.6 | 6:52                                                                                | 4:46 |  |
| 26   | Wed | 10:01 | 5.3 | 10:22 | 3.5 | 3:14  | -0.8 | 4:17  | -0.4 | 6:53                                                                                | 4:45 |  |
| 27   | Thu | 10:55 | 5.0 | 11:17 | 3.3 | 4:08  | -0.6 | 5:14  | -0.2 | 6:54                                                                                | 4:45 |  |
| 28   | Fri | 11:50 | 4.6 |       |     | 5:05  | -0.3 | 6:14  | 0.1  | 6:55                                                                                | 4:44 |  |
| 29   | Sat | 12:15 | 3.1 | 12:48 | 4.2 | 6:06  | 0.0  | 7:14  | 0.2  | 6:56                                                                                | 4:44 |  |
| 30   | Sun | 1:17  | 3.0 | 1:49  | 3.9 | 7:10  | 0.3  | 8:12  | 0.3  | 6:57                                                                                | 4:44 |  |