US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**11:01**	4.6	**11:20**	3.7	**4:28**	0.2	**5:08**	0.3	6:58	6:45	
2	Sat	**11:43**	4.5			**5:06**	0.4	**5:53**	0.6	6:59	6:43	
3	Sun	**12:01**	3.4	**12:26**	4.3	**5:46**	0.7	**6:42**	0.9	7:00	6:42	
4	Mon	**12:45**	3.2	**1:13**	4.1	**6:31**	1.0	**7:34**	1.2	7:01	6:40	
5	Tue	**1:33**	3.0	**2:06**	3.9	**7:20**	1.2	**8:30**	1.4	7:01	6:39	
6	Wed	**2:27**	2.9	**3:06**	3.8	**8:16**	1.3	**9:28**	1.5	7:02	6:37	
7	Thu	**3:29**	2.8	**4:09**	3.8	**9:14**	1.4	**10:25**	1.5	7:03	6:36	
8	Fri	**4:32**	3.0	**5:08**	3.9	**10:13**	1.3	**11:17**	1.4	7:04	6:34	
9	Sat	**5:29**	3.2	**5:58**	4.1	**11:10**	1.1			7:05	6:33	
10	Sun	**6:18**	3.5	**6:43**	4.2	**12:02**	1.1	**12:04**	0.9	7:06	6:31	
11	Mon	**7:02**	3.9	**7:25**	4.4	**12:44**	0.8	**12:53**	0.6	7:07	6:30	
12	Tue	**7:45**	4.3	**8:06**	4.4	**1:23**	0.5	**1:41**	0.3	7:08	6:29	
13	Wed	**8:27**	4.6	**8:48**	4.4	**2:01**	0.3	**2:27**	0.1	7:09	6:27	
14	Thu	**9:10**	4.9	**9:31**	4.3	**2:40**	0.0	**3:13**	-0.1	7:10	6:26	
15	Fri	**9:55**	5.1	**10:16**	4.2	**3:20**	-0.1	**4:00**	-0.1	7:11	6:24	
16	Sat	**10:41**	5.2	**11:02**	4.0	**4:02**	-0.1	**4:49**	0.0	7:12	6:23	
17	Sun	**11:29**	5.2	**11:50**	3.7	**4:47**	0.0	**5:43**	0.2	7:13	6:22	
18	Mon			**12:22**	5.0	**5:37**	0.1	**6:41**	0.4	7:14	6:20	
19	Tue	**12:43**	3.5	**1:19**	4.8	**6:33**	0.3	**7:44**	0.6	7:15	6:19	
20	Wed	**1:43**	3.2	**2:23**	4.6	**7:36**	0.5	**8:50**	0.7	7:16	6:18	
21	Thu	**2:51**	3.1	**3:33**	4.4	**8:43**	0.6	**9:56**	0.7	7:17	6:16	
22	Fri	**4:05**	3.2	**4:43**	4.3	**9:53**	0.6	**10:59**	0.6	7:17	6:15	
23	Sat	**5:15**	3.4	**5:46**	4.2	**11:02**	0.5	**11:54**	0.4	7:18	6:14	
24	Sun	**6:15**	3.7	**6:39**	4.2			**12:06**	0.3	7:19	6:13	
25	Mon	**7:05**	4.0	**7:25**	4.1	**12:42**	0.2	**1:03**	0.1	7:20	6:11	
26	Tue	**7:49**	4.3	**8:08**	4.0	**1:24**	0.1	**1:53**	0.0	7:21	6:10	
27	Wed	**8:31**	4.5	**8:49**	3.9	**2:03**	0.0	**2:39**	0.0	7:23	6:09	
28	Thu	**9:11**	4.6	**9:29**	3.7	**2:40**	0.0	**3:21**	0.0	7:24	6:08	
29	Fri	**9:51**	4.6	**10:10**	3.6	**3:16**	0.1	**4:02**	0.2	7:25	6:07	
30	Sat	**10:32**	4.6	**10:50**	3.4	**3:53**	0.2	**4:43**	0.4	7:26	6:05	
31	Sun	**10:13**	4.5	**10:31**	3.2	**3:31**	0.4	**4:25**	0.6	6:27	5:04	