US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**3:17**	3.0	**4:02**	4.3	**9:08**	1.0	**10:19**	1.2	6:57	6:46	
2	Mon	**4:26**	3.2	**5:06**	4.5	**10:14**	0.8	**11:18**	0.9	6:58	6:44	
3	Tue	**5:30**	3.6	**6:04**	4.7	**11:19**	0.4			6:59	6:42	
4	Wed	**6:28**	4.0	**6:58**	4.8	**12:12**	0.5	**12:22**	0.1	7:00	6:41	
5	Thu	**7:21**	4.5	**7:48**	4.8	**1:02**	0.1	**1:20**	-0.3	7:01	6:39	
6	Fri	**8:12**	4.9	**8:37**	4.8	**1:48**	-0.3	**2:15**	-0.5	7:02	6:38	
7	Sat	**9:02**	5.2	**9:26**	4.6	**2:33**	-0.5	**3:08**	-0.6	7:03	6:37	
8	Sun	**9:52**	5.4	**10:15**	4.3	**3:18**	-0.6	**4:00**	-0.5	7:04	6:35	
9	Mon	**10:42**	5.4	**11:03**	4.0	**4:03**	-0.5	**4:52**	-0.3	7:05	6:34	
10	Tue	**11:32**	5.2	**11:53**	3.7	**4:50**	-0.3	**5:47**	0.0	7:06	6:32	
11	Wed			**12:24**	4.9	**5:40**	0.0	**6:45**	0.4	7:06	6:31	
12	Thu	**12:45**	3.3	**1:20**	4.5	**6:34**	0.4	**7:47**	0.8	7:07	6:29	
13	Fri	**1:41**	3.1	**2:21**	4.2	**7:34**	0.7	**8:53**	1.0	7:08	6:28	
14	Sat	**2:44**	2.9	**3:29**	4.0	**8:37**	0.9	**10:00**	1.1	7:09	6:26	
15	Sun	**3:56**	2.9	**4:38**	3.9	**9:42**	1.0	**11:00**	1.1	7:10	6:25	
16	Mon	**5:04**	3.0	**5:36**	3.8	**10:46**	1.0	**11:49**	1.1	7:11	6:24	
17	Tue	**5:57**	3.3	**6:22**	3.9	**11:43**	0.9			7:12	6:22	
18	Wed	**6:40**	3.5	**7:01**	3.9	**12:28**	0.9	**12:33**	0.8	7:13	6:21	
19	Thu	**7:18**	3.8	**7:37**	3.9	**1:01**	0.8	**1:17**	0.7	7:14	6:20	
20	Fri	**7:55**	4.1	**8:13**	3.9	**1:32**	0.6	**1:57**	0.5	7:15	6:18	
21	Sat	**8:32**	4.3	**8:50**	3.8	**2:04**	0.5	**2:35**	0.5	7:16	6:17	
22	Sun	**9:10**	4.5	**9:28**	3.7	**2:37**	0.5	**3:13**	0.5	7:17	6:16	
23	Mon	**9:48**	4.6	**10:06**	3.6	**3:11**	0.5	**3:52**	0.5	7:18	6:14	
24	Tue	**10:26**	4.6	**10:44**	3.5	**3:45**	0.5	**4:32**	0.6	7:19	6:13	
25	Wed	**11:07**	4.6	**11:24**	3.4	**4:22**	0.6	**5:15**	0.8	7:20	6:12	
26	Thu	**11:50**	4.5			**5:02**	0.7	**6:03**	0.9	7:21	6:11	
27	Fri	**12:07**	3.2	**12:38**	4.4	**5:48**	0.8	**6:57**	1.1	7:22	6:09	
28	Sat	**12:56**	3.1	**1:31**	4.3	**6:42**	0.9	**7:55**	1.1	7:23	6:08	
29	Sun	**1:53**	3.1	**1:31**	4.3	**6:44**	0.9	**7:54**	1.0	6:24	5:07	
30	Mon	**1:59**	3.1	**2:35**	4.2	**7:50**	0.8	**8:52**	0.8	6:25	5:06	
31	Tue	**3:07**	3.4	**3:39**	4.3	**8:57**	0.6	**9:48**	0.5	6:26	5:05	