

## Metompkin Inlet, VA - Oct 2007

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 12:10 | 3.8 | 12:44 | 5.0 | 6:00  | 0.0  | 7:04  | 0.4  | 6:57                                                                                | 6:46 |    |
| 2    | Tue | 1:05  | 3.4 | 1:44  | 4.7 | 6:57  | 0.3  | 8:10  | 0.7  | 6:58                                                                                | 6:44 |    |
| 3    | Wed | 2:06  | 3.2 | 2:51  | 4.4 | 8:01  | 0.5  | 9:19  | 0.9  | 6:59                                                                                | 6:43 |    |
| 4    | Thu | 3:16  | 3.0 | 4:05  | 4.2 | 9:08  | 0.7  | 10:29 | 0.9  | 7:00                                                                                | 6:41 |    |
| 5    | Fri | 4:33  | 3.1 | 5:15  | 4.1 | 10:17 | 0.7  | 11:32 | 0.9  | 7:01                                                                                | 6:40 |    |
| 6    | Sat | 5:41  | 3.2 | 6:13  | 4.1 | 11:23 | 0.7  |       |      | 7:02                                                                                | 6:38 |    |
| 7    | Sun | 6:33  | 3.5 | 6:58  | 4.1 | 12:23 | 0.7  | 12:22 | 0.6  | 7:03                                                                                | 6:37 |    |
| 8    | Mon | 7:16  | 3.8 | 7:37  | 4.1 | 1:03  | 0.6  | 1:12  | 0.4  | 7:04                                                                                | 6:35 |    |
| 9    | Tue | 7:54  | 4.0 | 8:14  | 4.0 | 1:38  | 0.5  | 1:55  | 0.4  | 7:04                                                                                | 6:34 |    |
| 10   | Wed | 8:31  | 4.2 | 8:50  | 3.9 | 2:10  | 0.4  | 2:35  | 0.3  | 7:05                                                                                | 6:32 |    |
| 11   | Thu | 9:08  | 4.4 | 9:26  | 3.8 | 2:41  | 0.4  | 3:12  | 0.4  | 7:06                                                                                | 6:31 |    |
| 12   | Fri | 9:45  | 4.5 | 10:03 | 3.7 | 3:13  | 0.4  | 3:50  | 0.4  | 7:07                                                                                | 6:30 |   |
| 13   | Sat | 10:23 | 4.5 | 10:41 | 3.6 | 3:46  | 0.5  | 4:28  | 0.6  | 7:08                                                                                | 6:28 |  |
| 14   | Sun | 11:02 | 4.4 | 11:20 | 3.4 | 4:21  | 0.7  | 5:08  | 0.8  | 7:09                                                                                | 6:27 |  |
| 15   | Mon | 11:43 | 4.3 | 11:59 | 3.2 | 4:58  | 0.8  | 5:51  | 1.0  | 7:10                                                                                | 6:25 |  |
| 16   | Tue |       |     | 12:26 | 4.2 | 5:38  | 1.0  | 6:39  | 1.3  | 7:11                                                                                | 6:24 |  |
| 17   | Wed | 12:42 | 3.1 | 1:14  | 4.1 | 6:24  | 1.1  | 7:31  | 1.4  | 7:12                                                                                | 6:23 |  |
| 18   | Thu | 1:31  | 3.0 | 2:07  | 4.0 | 7:17  | 1.2  | 8:28  | 1.4  | 7:13                                                                                | 6:21 |  |
| 19   | Fri | 2:28  | 3.0 | 3:07  | 4.0 | 8:17  | 1.2  | 9:24  | 1.3  | 7:14                                                                                | 6:20 |  |
| 20   | Sat | 3:33  | 3.1 | 4:08  | 4.1 | 9:20  | 1.1  | 10:19 | 1.1  | 7:15                                                                                | 6:19 |  |
| 21   | Sun | 4:36  | 3.4 | 5:06  | 4.2 | 10:23 | 0.9  | 11:11 | 0.8  | 7:16                                                                                | 6:17 |  |
| 22   | Mon | 5:34  | 3.8 | 6:00  | 4.4 | 11:25 | 0.6  |       |      | 7:17                                                                                | 6:16 |  |
| 23   | Tue | 6:26  | 4.3 | 6:50  | 4.4 | 12:00 | 0.4  | 12:24 | 0.2  | 7:18                                                                                | 6:15 |  |
| 24   | Wed | 7:17  | 4.8 | 7:39  | 4.5 | 12:48 | 0.0  | 1:20  | -0.2 | 7:19                                                                                | 6:13 |  |
| 25   | Thu | 8:06  | 5.2 | 8:29  | 4.4 | 1:34  | -0.3 | 2:14  | -0.4 | 7:20                                                                                | 6:12 |  |
| 26   | Fri | 8:56  | 5.5 | 9:18  | 4.2 | 2:20  | -0.5 | 3:06  | -0.5 | 7:21                                                                                | 6:11 |  |
| 27   | Sat | 9:47  | 5.6 | 10:08 | 4.0 | 3:07  | -0.6 | 3:59  | -0.5 | 7:22                                                                                | 6:10 |  |
| 28   | Sun | 10:38 | 5.5 | 10:59 | 3.8 | 3:55  | -0.6 | 4:52  | -0.3 | 7:23                                                                                | 6:09 |  |
| 29   | Mon | 11:32 | 5.3 | 11:52 | 3.5 | 4:45  | -0.4 | 5:49  | 0.0  | 7:24                                                                                | 6:07 |  |
| 30   | Tue |       |     | 12:27 | 5.0 | 5:39  | -0.1 | 6:49  | 0.3  | 7:25                                                                                | 6:06 |  |
| 31   | Wed | 12:48 | 3.3 | 1:26  | 4.6 | 6:39  | 0.2  | 7:52  | 0.6  | 7:26                                                                                | 6:05 |  |