

Metompkin Inlet, VA - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:50	3.6	4:33	3.8	9:55	0.1	10:34	0.4	5:42	8:18	
2	Tue	4:50	3.3	5:32	3.9	10:46	0.1	11:39	0.4	5:41	8:19	
3	Wed	5:46	3.2	6:23	4.1	11:36	0.1			5:41	8:19	
4	Thu	6:37	3.1	7:09	4.2	12:38	0.3	12:23	0.1	5:41	8:20	
5	Fri	7:23	3.0	7:52	4.3	1:30	0.3	1:08	0.1	5:40	8:20	
6	Sat	8:07	3.0	8:34	4.4	2:15	0.2	1:51	0.1	5:40	8:21	
7	Sun	8:49	3.0	9:16	4.4	2:55	0.2	2:33	0.1	5:40	8:22	
8	Mon	9:32	3.1	9:58	4.4	3:33	0.3	3:13	0.1	5:40	8:22	
9	Tue	10:14	3.1	10:39	4.3	4:11	0.3	3:53	0.2	5:40	8:23	
10	Wed	10:56	3.1	11:20	4.2	4:50	0.4	4:34	0.3	5:40	8:23	
11	Thu	11:38	3.1			5:29	0.6	5:17	0.5	5:40	8:24	
12	Fri	12:01	4.1	12:21	3.1	6:10	0.6	6:02	0.7	5:40	8:24	
13	Sat	12:42	3.9	1:05	3.2	6:51	0.7	6:51	0.8	5:40	8:24	
14	Sun	1:24	3.7	1:53	3.3	7:33	0.7	7:43	0.9	5:40	8:25	
15	Mon	2:09	3.6	2:43	3.4	8:16	0.7	8:38	1.0	5:40	8:25	
16	Tue	2:58	3.4	3:37	3.6	9:01	0.6	9:36	0.9	5:40	8:26	
17	Wed	3:52	3.3	4:33	3.9	9:48	0.5	10:36	0.8	5:40	8:26	
18	Thu	4:49	3.3	5:28	4.3	10:39	0.3	11:36	0.6	5:40	8:26	
19	Fri	5:45	3.3	6:22	4.6	11:33	0.1			5:40	8:26	
20	Sat	6:40	3.4	7:16	5.0	12:36	0.3	12:28	-0.2	5:40	8:27	
21	Sun	7:35	3.5	8:10	5.2	1:32	0.0	1:23	-0.4	5:41	8:27	
22	Mon	8:29	3.6	9:04	5.3	2:27	-0.2	2:17	-0.6	5:41	8:27	
23	Tue	9:24	3.7	9:57	5.3	3:19	-0.4	3:11	-0.8	5:41	8:27	
24	Wed	10:19	3.7	10:50	5.2	4:11	-0.5	4:05	-0.8	5:41	8:27	
25	Thu	11:14	3.8	11:42	5.0	5:02	-0.5	5:01	-0.6	5:42	8:28	
26	Fri			12:08	3.8	5:54	-0.4	5:59	-0.4	5:42	8:28	
27	Sat	12:34	4.6	1:04	3.8	6:46	-0.3	7:00	-0.1	5:42	8:28	
28	Sun	1:26	4.2	2:02	3.8	7:37	-0.2	8:03	0.2	5:43	8:28	
29	Mon	2:20	3.7	3:02	3.8	8:29	-0.1	9:08	0.4	5:43	8:28	
30	Tue	3:17	3.3	4:04	3.9	9:19	0.1	10:13	0.6	5:44	8:28	