

Metompkin Inlet, VA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:51	4.6	7:09	3.9	1:16	0.3	12:56	0.3	6:27	5:03	
2	Mon	7:34	4.9	7:53	3.9	12:57	0.1	1:41	0.1	6:28	5:02	
3	Tue	8:18	5.1	8:37	3.8	1:39	0.0	2:27	0.1	6:30	5:01	
4	Wed	9:05	5.2	9:24	3.7	2:22	-0.1	3:15	0.1	6:31	5:00	
5	Thu	9:53	5.1	10:12	3.6	3:08	-0.1	4:05	0.2	6:32	4:59	
6	Fri	10:44	5.0	11:04	3.5	3:57	0.0	4:59	0.3	6:33	4:58	
7	Sat	11:38	4.8			4:52	0.1	5:57	0.4	6:34	4:57	
8	Sun	12:00	3.4	12:35	4.6	5:52	0.2	6:56	0.5	6:35	4:57	
9	Mon	1:02	3.3	1:37	4.3	6:57	0.4	7:56	0.4	6:36	4:56	
10	Tue	2:10	3.4	2:41	4.1	8:05	0.4	8:54	0.3	6:37	4:55	
11	Wed	3:19	3.6	3:45	3.9	9:14	0.4	9:49	0.2	6:38	4:54	
12	Thu	4:23	3.9	4:43	3.8	10:20	0.3	10:40	0.0	6:39	4:53	
13	Fri	5:18	4.2	5:35	3.7	11:22	0.2	11:29	-0.1	6:40	4:52	
14	Sat	6:07	4.5	6:24	3.6			12:18	0.0	6:41	4:52	
15	Sun	6:53	4.6	7:09	3.5	12:15	-0.2	1:08	-0.1	6:42	4:51	
16	Mon	7:37	4.7	7:53	3.4	12:58	-0.2	1:53	-0.1	6:43	4:50	
17	Tue	8:21	4.7	8:36	3.3	1:40	-0.2	2:36	0.0	6:44	4:50	
18	Wed	9:04	4.6	9:19	3.2	2:21	-0.1	3:18	0.2	6:45	4:49	
19	Thu	9:47	4.5	10:02	3.1	3:02	0.0	4:00	0.4	6:46	4:48	
20	Fri	10:30	4.3	10:46	3.0	3:44	0.2	4:44	0.6	6:47	4:48	
21	Sat	11:14	4.1	11:31	3.0	4:28	0.4	5:29	0.8	6:49	4:47	
22	Sun	11:59	3.9			5:15	0.7	6:15	0.9	6:50	4:47	
23	Mon	12:19	2.9	12:46	3.7	6:06	0.9	7:02	1.0	6:51	4:46	
24	Tue	1:11	2.9	1:36	3.5	7:01	1.0	7:47	1.0	6:52	4:46	
25	Wed	2:07	3.0	2:28	3.4	7:57	1.1	8:33	0.9	6:53	4:45	
26	Thu	3:04	3.3	3:21	3.4	8:54	1.0	9:18	0.7	6:54	4:45	
27	Fri	3:57	3.6	4:13	3.3	9:51	0.9	10:04	0.5	6:55	4:45	
28	Sat	4:47	3.9	5:02	3.4	10:46	0.7	10:51	0.3	6:56	4:44	
29	Sun	5:34	4.3	5:50	3.4	11:40	0.4	11:38	0.1	6:57	4:44	
30	Mon	6:21	4.6	6:38	3.5			12:31	0.2	6:58	4:44	