US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**2:27**	3.2	**3:10**	4.3	**8:23**	0.9	**9:28**	1.1	6:58	6:45	
2	Sat	**3:35**	3.3	**4:16**	4.4	**9:28**	0.7	**10:28**	0.9	6:58	6:44	
3	Sun	**4:42**	3.6	**5:18**	4.5	**10:34**	0.5	**11:25**	0.5	6:59	6:42	
4	Mon	**5:44**	4.0	**6:15**	4.6	**11:39**	0.2			7:00	6:41	
5	Tue	**6:41**	4.4	**7:08**	4.7	**12:19**	0.2	**12:40**	-0.1	7:01	6:39	
6	Wed	**7:34**	4.8	**7:59**	4.7	**1:09**	-0.2	**1:37**	-0.4	7:02	6:38	
7	Thu	**8:25**	5.1	**8:49**	4.6	**1:56**	-0.4	**2:31**	-0.6	7:03	6:36	
8	Fri	**9:15**	5.3	**9:38**	4.4	**2:43**	-0.6	**3:23**	-0.6	7:04	6:35	
9	Sat	**10:05**	5.4	**10:26**	4.1	**3:28**	-0.6	**4:14**	-0.4	7:05	6:34	
10	Sun	**10:54**	5.2	**11:15**	3.9	**4:15**	-0.5	**5:06**	-0.2	7:06	6:32	
11	Mon	**11:44**	5.0			**5:03**	-0.2	**5:59**	0.2	7:07	6:31	
12	Tue	**12:04**	3.6	**12:36**	4.7	**5:53**	0.1	**6:56**	0.6	7:07	6:29	
13	Wed	**12:55**	3.3	**1:30**	4.3	**6:47**	0.5	**7:55**	0.9	7:08	6:28	
14	Thu	**1:50**	3.1	**2:29**	4.0	**7:46**	0.8	**8:56**	1.1	7:09	6:26	
15	Fri	**2:51**	3.0	**3:32**	3.8	**8:46**	1.0	**9:55**	1.2	7:10	6:25	
16	Sat	**3:58**	3.0	**4:34**	3.7	**9:48**	1.0	**10:48**	1.2	7:11	6:24	
17	Sun	**5:00**	3.2	**5:28**	3.7	**10:47**	1.0	**11:33**	1.1	7:12	6:22	
18	Mon	**5:51**	3.4	**6:13**	3.8	**11:42**	1.0			7:13	6:21	
19	Tue	**6:34**	3.7	**6:53**	3.8	**12:12**	0.9	**12:31**	0.8	7:14	6:20	
20	Wed	**7:14**	4.0	**7:32**	3.8	**12:49**	0.8	**1:15**	0.7	7:15	6:18	
21	Thu	**7:53**	4.3	**8:11**	3.9	**1:24**	0.6	**1:56**	0.5	7:16	6:17	
22	Fri	**8:32**	4.5	**8:50**	3.8	**1:59**	0.5	**2:35**	0.5	7:17	6:16	
23	Sat	**9:11**	4.6	**9:29**	3.8	**2:35**	0.4	**3:15**	0.4	7:18	6:14	
24	Sun	**9:51**	4.7	**10:09**	3.7	**3:12**	0.4	**3:55**	0.5	7:19	6:13	
25	Mon	**10:32**	4.7	**10:49**	3.6	**3:50**	0.4	**4:38**	0.5	7:20	6:12	
26	Tue	**11:15**	4.7	**11:32**	3.5	**4:31**	0.4	**5:24**	0.7	7:21	6:11	
27	Wed			**12:01**	4.6	**5:15**	0.5	**6:14**	0.8	7:22	6:09	
28	Thu	**12:19**	3.4	**12:51**	4.5	**6:06**	0.6	**7:09**	0.9	7:23	6:08	
29	Fri	**1:12**	3.3	**1:46**	4.4	**7:04**	0.7	**8:06**	0.8	7:24	6:07	
30	Sat	**2:12**	3.3	**2:47**	4.3	**8:07**	0.7	**9:04**	0.7	7:25	6:06	
31	Sun	**3:18**	3.5	**3:50**	4.2	**9:13**	0.6	**10:01**	0.5	7:26	6:05	