
































Metompkin Inlet, VA - Nov 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:25	3.7	4:52	4.2	10:20	0.5	10:56	0.2	7:27	6:04	
2	Tue	5:27	4.1	5:50	4.2	11:25	0.2	11:50	0.0	7:28	6:03	
3	Wed	6:23	4.5	6:45	4.1			12:27	0.0	7:29	6:02	
4	Thu	7:15	4.9	7:36	4.1	12:41	-0.3	1:25	-0.3	7:30	6:01	
5	Fri	8:06	5.1	8:26	4.0	1:30	-0.5	2:18	-0.4	7:31	6:00	
6	Sat	8:56	5.2	9:15	3.8	2:17	-0.6	3:09	-0.4	7:32	5:59	
7	Sun	8:44	5.2	9:03	3.7	2:04	-0.6	2:58	-0.3	6:33	4:58	
8	Mon	9:33	5.0	9:51	3.5	2:50	-0.5	3:47	-0.1	6:35	4:57	
9	Tue	10:21	4.8	10:39	3.3	3:37	-0.2	4:37	0.2	6:36	4:56	
10	Wed	11:10	4.5	11:28	3.2	4:26	0.1	5:28	0.5	6:37	4:55	
11	Thu	11:59	4.2			5:17	0.4	6:21	0.7	6:38	4:54	
12	Fri	12:19	3.0	12:50	3.9	6:12	0.7	7:13	0.9	6:39	4:53	
13	Sat	1:15	3.0	1:44	3.6	7:09	0.9	8:03	0.9	6:40	4:53	
14	Sun	2:14	3.0	2:40	3.5	8:07	1.0	8:51	1.0	6:41	4:52	
15	Mon	3:14	3.2	3:34	3.4	9:05	1.1	9:35	0.9	6:42	4:51	
16	Tue	4:08	3.4	4:24	3.4	10:01	1.0	10:18	0.8	6:43	4:50	
17	Wed	4:55	3.7	5:10	3.4	10:54	0.9	11:00	0.6	6:44	4:50	
18	Thu	5:39	4.0	5:54	3.4	11:42	0.7	11:41	0.5	6:45	4:49	
19	Fri	6:21	4.2	6:36	3.5			12:27	0.6	6:46	4:48	
20	Sat	7:03	4.5	7:18	3.5	12:22	0.3	1:11	0.4	6:47	4:48	
21	Sun	7:45	4.6	8:01	3.5	1:03	0.1	1:53	0.3	6:48	4:47	
22	Mon	8:28	4.8	8:44	3.5	1:45	0.0	2:36	0.2	6:49	4:47	
23	Tue	9:12	4.8	9:29	3.5	2:27	0.0	3:21	0.2	6:50	4:46	
24	Wed	9:58	4.8	10:16	3.4	3:11	0.0	4:08	0.2	6:51	4:46	
25	Thu	10:45	4.7	11:05	3.4	3:59	0.0	4:58	0.3	6:52	4:45	
26	Fri	11:35	4.6	11:59	3.4	4:52	0.1	5:50	0.3	6:53	4:45	
27	Sat			12:27	4.3	5:50	0.2	6:44	0.2	6:54	4:45	
28	Sun	12:57	3.5	1:24	4.1	6:53	0.3	7:39	0.2	6:55	4:44	
29	Mon	2:00	3.6	2:24	3.8	7:59	0.3	8:33	0.0	6:56	4:44	
30	Tue	3:05	3.8	3:26	3.6	9:05	0.3	9:27	-0.1	6:57	4:44	