US HARBORS www.USHarbors.com

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	