
































Metompkin Inlet, VA - Jun 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:08	3.8	3:51	3.6	9:19	0.0	9:50	0.4	5:42	8:18	
2	Sun	4:09	3.5	4:53	3.7	10:12	0.1	10:55	0.4	5:41	8:19	
3	Mon	5:08	3.3	5:48	3.9	11:04	0.1	11:56	0.4	5:41	8:19	
4	Tue	6:01	3.2	6:36	4.0	11:53	0.1			5:41	8:20	
5	Wed	6:49	3.1	7:19	4.1	12:51	0.4	12:39	0.1	5:40	8:20	
6	Thu	7:33	3.1	8:01	4.2	1:38	0.3	1:22	0.1	5:40	8:21	
7	Fri	8:15	3.2	8:41	4.3	2:19	0.3	2:02	0.1	5:40	8:22	
8	Sat	8:57	3.2	9:22	4.4	2:57	0.2	2:42	0.1	5:40	8:22	
9	Sun	9:39	3.3	10:03	4.4	3:34	0.2	3:22	0.1	5:40	8:23	
10	Mon	10:21	3.3	10:43	4.3	4:11	0.3	4:01	0.2	5:40	8:23	
11	Tue	11:03	3.3	11:24	4.2	4:50	0.4	4:42	0.4	5:40	8:24	
12	Wed	11:44	3.3			5:29	0.5	5:25	0.5	5:40	8:24	
13	Thu	12:04	4.1	12:27	3.3	6:10	0.5	6:10	0.7	5:40	8:24	
14	Fri	12:45	4.0	1:12	3.4	6:53	0.6	6:59	0.8	5:40	8:25	
15	Sat	1:28	3.8	2:00	3.5	7:37	0.6	7:53	0.9	5:40	8:25	
16	Sun	2:15	3.7	2:52	3.6	8:23	0.5	8:49	0.8	5:40	8:26	
17	Mon	3:08	3.6	3:49	3.9	9:12	0.4	9:49	0.7	5:40	8:26	
18	Tue	4:05	3.5	4:46	4.2	10:04	0.3	10:50	0.6	5:40	8:26	
19	Wed	5:04	3.5	5:43	4.5	10:58	0.0	11:51	0.3	5:40	8:26	
20	Thu	6:01	3.6	6:38	4.9	11:53	-0.2			5:40	8:27	
21	Fri	6:58	3.7	7:33	5.1	12:50	0.0	12:49	-0.5	5:41	8:27	
22	Sat	7:53	3.8	8:27	5.3	1:47	-0.3	1:45	-0.8	5:41	8:27	
23	Sun	8:48	3.9	9:21	5.4	2:41	-0.6	2:39	-0.9	5:41	8:27	
24	Mon	9:43	3.9	10:14	5.3	3:33	-0.7	3:33	-1.0	5:41	8:27	
25	Tue	10:38	4.0	11:06	5.1	4:25	-0.7	4:27	-0.9	5:42	8:28	
26	Wed	11:32	4.0	11:58	4.8	5:16	-0.7	5:23	-0.6	5:42	8:28	
27	Thu			12:26	3.9	6:08	-0.6	6:21	-0.3	5:42	8:28	
28	Fri	12:49	4.4	1:22	3.9	7:01	-0.4	7:20	0.0	5:43	8:28	
29	Sat	1:42	4.0	2:19	3.8	7:53	-0.2	8:22	0.3	5:43	8:28	
30	Sun	2:36	3.6	3:19	3.7	8:45	0.0	9:25	0.5	5:44	8:28	