US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Nov 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**7:14**	4.5	**7:33**	4.1	**12:41**	0.3	**1:15**	0.3	7:27	6:03	
2	Sat	**7:59**	4.9	**8:18**	4.2	**1:25**	0.1	**2:04**	0.1	7:29	6:02	
3	Sun	**7:45**	5.1	**8:05**	4.2	**1:09**	-0.2	**1:52**	-0.1	6:30	5:01	
4	Mon	**8:32**	5.3	**8:53**	4.1	**1:54**	-0.4	**2:40**	-0.2	6:31	5:00	
5	Tue	**9:21**	5.3	**9:42**	4.0	**2:41**	-0.4	**3:30**	-0.2	6:32	4:59	
6	Wed	**10:12**	5.2	**10:33**	3.9	**3:30**	-0.4	**4:22**	-0.1	6:33	4:58	
7	Thu	**11:04**	5.1	**11:27**	3.7	**4:22**	-0.3	**5:18**	0.0	6:34	4:57	
8	Fri	**11:59**	4.8			**5:20**	-0.1	**6:16**	0.1	6:35	4:57	
9	Sat	**12:26**	3.6	**12:58**	4.5	**6:21**	0.1	**7:16**	0.2	6:36	4:56	
10	Sun	**1:29**	3.5	**2:00**	4.2	**7:27**	0.3	**8:16**	0.2	6:37	4:55	
11	Mon	**2:38**	3.6	**3:05**	4.0	**8:34**	0.4	**9:14**	0.2	6:38	4:54	
12	Tue	**3:45**	3.7	**4:07**	3.8	**9:41**	0.3	**10:09**	0.1	6:39	4:53	
13	Wed	**4:45**	4.0	**5:03**	3.7	**10:45**	0.3	**11:01**	0.0	6:40	4:52	
14	Thu	**5:37**	4.2	**5:53**	3.6	**11:43**	0.1	**11:48**	-0.1	6:41	4:52	
15	Fri	**6:24**	4.4	**6:39**	3.6			**12:34**	0.0	6:42	4:51	
16	Sat	**7:07**	4.5	**7:22**	3.5	**12:32**	-0.2	**1:20**	0.0	6:43	4:50	
17	Sun	**7:49**	4.5	**8:04**	3.5	**1:13**	-0.2	**2:01**	0.0	6:44	4:49	
18	Mon	**8:30**	4.5	**8:46**	3.4	**1:53**	-0.2	**2:41**	0.1	6:45	4:49	
19	Tue	**9:11**	4.5	**9:27**	3.4	**2:32**	-0.1	**3:21**	0.2	6:46	4:48	
20	Wed	**9:53**	4.4	**10:10**	3.3	**3:12**	0.1	**4:01**	0.4	6:48	4:48	
21	Thu	**10:35**	4.2	**10:52**	3.2	**3:53**	0.3	**4:43**	0.5	6:49	4:47	
22	Fri	**11:17**	4.1	**11:37**	3.1	**4:36**	0.5	**5:27**	0.7	6:50	4:47	
23	Sat			**12:01**	3.9	**5:22**	0.7	**6:12**	0.8	6:51	4:46	
24	Sun	**12:25**	3.1	**12:48**	3.7	**6:12**	0.9	**6:59**	0.9	6:52	4:46	
25	Mon	**1:16**	3.1	**1:38**	3.6	**7:06**	1.0	**7:46**	0.8	6:53	4:45	
26	Tue	**2:11**	3.2	**2:31**	3.5	**8:02**	1.0	**8:34**	0.7	6:54	4:45	
27	Wed	**3:07**	3.4	**3:25**	3.5	**8:59**	0.9	**9:23**	0.6	6:55	4:45	
28	Thu	**4:02**	3.8	**4:18**	3.5	**9:57**	0.7	**10:12**	0.3	6:56	4:44	
29	Fri	**4:54**	4.1	**5:10**	3.6	**10:54**	0.5	**11:02**	0.0	6:57	4:44	
30	Sat	**5:43**	4.5	**6:00**	3.7	**11:48**	0.2	**11:52**	-0.3	6:58	4:44	