
































## Metompkin Inlet, VA - Nov 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:46	3.7	4:15	4.2	9:42	0.4	10:24	0.3	7:27	6:04	
2	Sun	3:51	3.9	4:17	4.2	9:47	0.3	10:21	0.0	6:28	5:03	
3	Mon	4:52	4.2	5:14	4.2	10:51	0.1	11:14	-0.2	6:29	5:02	
4	Tue	5:46	4.5	6:07	4.2	11:51	-0.2			6:30	5:01	
5	Wed	6:38	4.8	6:57	4.1	12:05	-0.4	12:46	-0.3	6:31	5:00	
6	Thu	7:26	5.0	7:46	4.0	12:53	-0.6	1:36	-0.4	6:32	4:59	
7	Fri	8:14	5.0	8:33	3.9	1:39	-0.6	2:24	-0.4	6:34	4:58	
8	Sat	9:00	4.9	9:19	3.7	2:23	-0.5	3:11	-0.3	6:35	4:57	
9	Sun	9:46	4.8	10:05	3.6	3:07	-0.3	3:57	-0.1	6:36	4:56	
10	Mon	10:32	4.6	10:51	3.4	3:52	-0.1	4:44	0.2	6:37	4:55	
11	Tue	11:17	4.3	11:38	3.2	4:39	0.2	5:33	0.5	6:38	4:54	
12	Wed			12:05	4.0	5:28	0.5	6:22	0.7	6:39	4:53	
13	Thu	12:28	3.1	12:54	3.8	6:20	0.8	7:12	0.9	6:40	4:52	
14	Fri	1:22	3.1	1:47	3.6	7:15	1.0	8:02	0.9	6:41	4:52	
15	Sat	2:19	3.1	2:42	3.5	8:11	1.1	8:50	0.9	6:42	4:51	
16	Sun	3:17	3.2	3:37	3.5	9:07	1.1	9:37	0.8	6:43	4:50	
17	Mon	4:11	3.5	4:27	3.5	10:02	1.0	10:22	0.7	6:44	4:50	
18	Tue	4:59	3.8	5:14	3.6	10:54	0.8	11:06	0.5	6:45	4:49	
19	Wed	5:44	4.1	5:59	3.7	11:44	0.6	11:50	0.3	6:46	4:48	
20	Thu	6:27	4.4	6:43	3.7			12:30	0.4	6:47	4:48	
21	Fri	7:10	4.6	7:27	3.8	12:32	0.1	1:15	0.2	6:48	4:47	
22	Sat	7:54	4.8	8:12	3.8	1:15	-0.1	2:00	0.0	6:49	4:47	
23	Sun	8:39	5.0	8:57	3.8	1:59	-0.3	2:46	-0.1	6:50	4:46	
24	Mon	9:25	5.0	9:45	3.8	2:44	-0.3	3:33	-0.1	6:51	4:46	
25	Tue	10:13	5.0	10:34	3.7	3:31	-0.3	4:22	-0.1	6:52	4:45	
26	Wed	11:02	4.8	11:26	3.6	4:22	-0.2	5:15	0.0	6:53	4:45	
27	Thu	11:54	4.6			5:18	-0.1	6:10	0.0	6:54	4:45	
28	Fri	12:23	3.6	12:50	4.3	6:18	0.1	7:06	0.0	6:55	4:44	
29	Sat	1:24	3.6	1:50	4.0	7:22	0.2	8:03	0.0	6:56	4:44	
30	Sun	2:29	3.7	2:52	3.8	8:28	0.2	9:00	-0.1	6:57	4:44	