
































Metompkin Inlet, VA - Jun 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:32	3.9	6:08	4.6	11:31	-0.3			5:42	8:18	
2	Thu	6:30	3.9	7:03	4.9	12:15	-0.2	12:25	-0.5	5:41	8:19	
3	Fri	7:25	3.9	7:57	5.1	1:14	-0.4	1:19	-0.7	5:41	8:19	
4	Sat	8:19	3.9	8:49	5.2	2:10	-0.6	2:11	-0.9	5:41	8:20	
5	Sun	9:12	3.9	9:42	5.2	3:03	-0.8	3:02	-0.9	5:40	8:21	
6	Mon	10:05	3.8	10:33	5.1	3:55	-0.8	3:53	-0.8	5:40	8:21	
7	Tue	10:57	3.7	11:23	4.8	4:46	-0.6	4:44	-0.6	5:40	8:22	
8	Wed	11:48	3.6			5:37	-0.4	5:36	-0.3	5:40	8:22	
9	Thu	12:12	4.5	12:39	3.4	6:29	-0.2	6:30	0.0	5:40	8:23	
10	Fri	1:02	4.2	1:32	3.3	7:20	0.0	7:26	0.3	5:40	8:23	
11	Sat	1:52	3.8	2:26	3.3	8:11	0.3	8:23	0.6	5:40	8:24	
12	Sun	2:45	3.5	3:23	3.3	8:59	0.4	9:21	0.8	5:40	8:24	
13	Mon	3:39	3.3	4:20	3.4	9:47	0.5	10:18	0.9	5:40	8:25	
14	Tue	4:34	3.2	5:13	3.5	10:33	0.6	11:14	0.9	5:40	8:25	
15	Wed	5:25	3.1	6:00	3.7	11:18	0.5			5:40	8:25	
16	Thu	6:14	3.2	6:45	4.0	12:06	0.8	12:03	0.5	5:40	8:26	
17	Fri	6:59	3.2	7:28	4.2	12:54	0.7	12:46	0.4	5:40	8:26	
18	Sat	7:43	3.3	8:10	4.4	1:38	0.5	1:29	0.3	5:40	8:26	
19	Sun	8:27	3.4	8:52	4.5	2:19	0.4	2:11	0.2	5:40	8:27	
20	Mon	9:10	3.4	9:34	4.6	3:00	0.3	2:52	0.1	5:40	8:27	
21	Tue	9:53	3.5	10:16	4.7	3:41	0.2	3:34	0.1	5:41	8:27	
22	Wed	10:37	3.5	10:59	4.6	4:22	0.1	4:18	0.1	5:41	8:27	
23	Thu	11:21	3.6	11:42	4.6	5:06	0.1	5:04	0.2	5:41	8:27	
24	Fri			12:07	3.6	5:51	0.1	5:53	0.2	5:41	8:27	
25	Sat	12:28	4.5	12:56	3.7	6:39	0.1	6:48	0.3	5:42	8:28	
26	Sun	1:16	4.3	1:49	3.8	7:29	0.1	7:46	0.4	5:42	8:28	
27	Mon	2:09	4.1	2:47	3.9	8:21	0.1	8:48	0.4	5:43	8:28	
28	Tue	3:06	3.9	3:49	4.1	9:14	0.0	9:51	0.3	5:43	8:28	
29	Wed	4:08	3.7	4:51	4.3	10:09	-0.1	10:56	0.2	5:43	8:28	
30	Thu	5:09	3.6	5:50	4.6	11:06	-0.3			5:44	8:28	