
































Metompkin Inlet, VA - Nov 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:08	4.5	10:26	3.6	3:33	0.3	4:11	0.4	7:28	6:03	
2	Wed	10:48	4.4	11:06	3.5	4:09	0.4	4:51	0.6	7:29	6:02	
3	Thu	11:28	4.4	11:47	3.4	4:47	0.6	5:33	0.7	7:30	6:01	
4	Fri			12:10	4.3	5:28	0.7	6:19	0.9	7:31	6:00	
5	Sat	12:30	3.3	12:55	4.2	6:14	0.9	7:07	1.0	7:32	5:59	
6	Sun	1:17	3.2	12:43	4.1	6:04	1.0	6:59	1.0	6:33	4:58	
7	Mon	1:10	3.2	1:37	4.0	7:01	1.0	7:52	0.9	6:34	4:57	
8	Tue	2:09	3.3	2:36	4.0	8:00	0.9	8:46	0.7	6:35	4:56	
9	Wed	3:10	3.6	3:35	4.1	9:02	0.7	9:40	0.4	6:36	4:55	
10	Thu	4:09	3.9	4:32	4.2	10:03	0.5	10:33	0.1	6:37	4:55	
11	Fri	5:05	4.4	5:26	4.3	11:03	0.1	11:25	-0.3	6:38	4:54	
12	Sat	5:57	4.8	6:19	4.4			12:01	-0.3	6:39	4:53	
13	Sun	6:49	5.1	7:11	4.4	12:16	-0.6	12:56	-0.6	6:40	4:52	
14	Mon	7:41	5.4	8:03	4.3	1:06	-0.8	1:50	-0.7	6:41	4:51	
15	Tue	8:33	5.5	8:55	4.2	1:55	-1.0	2:43	-0.8	6:43	4:51	
16	Wed	9:25	5.4	9:47	4.0	2:45	-1.0	3:36	-0.7	6:44	4:50	
17	Thu	10:17	5.2	10:40	3.8	3:37	-0.8	4:30	-0.5	6:45	4:49	
18	Fri	11:11	4.9	11:35	3.6	4:30	-0.5	5:27	-0.3	6:46	4:49	
19	Sat			12:05	4.5	5:27	-0.2	6:25	0.0	6:47	4:48	
20	Sun	12:33	3.4	1:02	4.2	6:28	0.1	7:24	0.2	6:48	4:48	
21	Mon	1:35	3.2	2:02	3.8	7:30	0.4	8:22	0.3	6:49	4:47	
22	Tue	2:41	3.2	3:04	3.6	8:34	0.5	9:17	0.4	6:50	4:46	
23	Wed	3:46	3.3	4:02	3.4	9:37	0.6	10:07	0.4	6:51	4:46	
24	Thu	4:40	3.5	4:53	3.4	10:36	0.6	10:52	0.3	6:52	4:46	
25	Fri	5:26	3.7	5:37	3.4	11:29	0.5	11:33	0.3	6:53	4:45	
26	Sat	6:07	3.9	6:19	3.4			12:14	0.4	6:54	4:45	
27	Sun	6:46	4.1	6:59	3.4	12:12	0.2	12:54	0.3	6:55	4:45	
28	Mon	7:25	4.2	7:39	3.4	12:49	0.1	1:33	0.3	6:56	4:44	
29	Tue	8:04	4.3	8:20	3.4	1:27	0.1	2:11	0.2	6:57	4:44	
30	Wed	8:44	4.4	9:00	3.4	2:04	0.1	2:49	0.2	6:58	4:44	