
































Metompkin Inlet, VA - Jun 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:38	3.6	8:03	4.6	1:25	0.3	1:25	0.1	5:42	8:18	
2	Sun	8:23	3.6	8:48	4.8	2:12	0.1	2:09	0.0	5:41	8:18	
3	Mon	9:09	3.6	9:33	5.0	2:58	-0.1	2:53	-0.2	5:41	8:19	
4	Tue	9:56	3.6	10:21	5.0	3:44	-0.2	3:38	-0.2	5:41	8:20	
5	Wed	10:44	3.6	11:09	5.0	4:32	-0.2	4:26	-0.2	5:41	8:20	
6	Thu	11:34	3.6			5:23	-0.2	5:18	-0.1	5:40	8:21	
7	Fri	12:00	4.9	12:26	3.5	6:16	-0.1	6:14	0.0	5:40	8:21	
8	Sat	12:53	4.7	1:22	3.5	7:11	0.0	7:14	0.1	5:40	8:22	
9	Sun	1:48	4.4	2:23	3.5	8:07	0.0	8:18	0.2	5:40	8:22	
10	Mon	2:48	4.1	3:27	3.6	9:03	0.0	9:23	0.3	5:40	8:23	
11	Tue	3:50	3.9	4:31	3.8	9:58	0.0	10:29	0.2	5:40	8:23	
12	Wed	4:51	3.7	5:32	4.1	10:52	-0.1	11:35	0.2	5:40	8:24	
13	Thu	5:50	3.6	6:26	4.3	11:45	-0.2			5:40	8:24	
14	Fri	6:44	3.5	7:17	4.5	12:36	0.0	12:36	-0.3	5:40	8:25	
15	Sat	7:34	3.4	8:04	4.6	1:32	-0.1	1:24	-0.3	5:40	8:25	
16	Sun	8:22	3.3	8:50	4.6	2:22	-0.2	2:10	-0.3	5:40	8:25	
17	Mon	9:08	3.3	9:34	4.6	3:08	-0.2	2:54	-0.3	5:40	8:26	
18	Tue	9:53	3.3	10:18	4.5	3:51	-0.1	3:37	-0.2	5:40	8:26	
19	Wed	10:38	3.2	11:02	4.4	4:33	0.0	4:20	0.0	5:40	8:26	
20	Thu	11:22	3.2	11:45	4.2	5:15	0.2	5:03	0.2	5:40	8:27	
21	Fri			12:06	3.1	5:58	0.4	5:49	0.4	5:40	8:27	
22	Sat	12:28	4.0	12:51	3.1	6:41	0.5	6:37	0.7	5:41	8:27	
23	Sun	1:12	3.8	1:38	3.1	7:25	0.7	7:27	0.8	5:41	8:27	
24	Mon	1:58	3.6	2:29	3.2	8:09	0.7	8:20	1.0	5:41	8:27	
25	Tue	2:47	3.5	3:22	3.3	8:53	0.8	9:14	1.0	5:42	8:27	
26	Wed	3:38	3.3	4:16	3.5	9:38	0.7	10:10	1.0	5:42	8:28	
27	Thu	4:31	3.3	5:08	3.8	10:24	0.7	11:06	0.9	5:42	8:28	
28	Fri	5:23	3.3	5:58	4.1	11:12	0.5			5:43	8:28	
29	Sat	6:14	3.3	6:46	4.4	12:01	0.7	12:01	0.3	5:43	8:28	
30	Sun	7:04	3.4	7:34	4.7	12:55	0.4	12:51	0.1	5:43	8:28	