US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:06	5.1	11:29	4.3	4:33	-0.5	5:12	-0.4	6:57	6:46	
2	Wed	11:56	5.0			5:21	-0.3	6:07	0.0	6:58	6:44	
3	Thu	12:19	3.9	12:48	4.7	6:11	0.0	7:06	0.3	6:59	6:43	
4	Fri	1:10	3.5	1:43	4.4	7:04	0.4	8:07	0.7	7:00	6:41	
5	Sat	2:06	3.2	2:43	4.1	8:01	0.7	9:10	0.9	7:01	6:40	
6	Sun	3:09	3.0	3:48	3.9	9:02	0.9	10:14	1.0	7:02	6:38	
7	Mon	4:17	3.0	4:53	3.9	10:03	1.0	11:14	1.1	7:03	6:37	
8	Tue	5:20	3.1	5:49	3.9	11:03	1.0			7:04	6:35	
9	Wed	6:10	3.3	6:35	4.0	12:04	1.0	11:57 AM	0.9	7:05	6:34	
10	Thu	6:53	3.6	7:15	4.1	12:44	0.9	12:45	0.7	7:05	6:32	
11	Fri	7:32	3.8	7:54	4.1	1:19	0.7	1:28	0.6	7:06	6:31	
12	Sat	8:11	4.1	8:31	4.2	1:52	0.6	2:08	0.5	7:07	6:29	
13	Sun	8:49	4.3	9:09	4.2	2:25	0.5	2:47	0.4	7:08	6:28	
14	Mon	9:28	4.4	9:47	4.1	2:59	0.4	3:25	0.4	7:09	6:27	
15	Tue	10:06	4.6	10:25	4.0	3:34	0.4	4:05	0.4	7:10	6:25	
16	Wed	10:45	4.6	11:04	3.8	4:09	0.5	4:47	0.5	7:11	6:24	
17	Thu	11:26	4.6	11:45	3.7	4:47	0.6	5:31	0.7	7:12	6:22	
18	Fri			12:09	4.6	5:29	0.7	6:20	0.8	7:13	6:21	
19	Sat	12:29	3.5	12:57	4.5	6:16	0.8	7:15	0.9	7:14	6:20	
20	Sun	1:19	3.3	1:52	4.4	7:10	0.9	8:13	1.0	7:15	6:18	
21	Mon	2:18	3.3	2:54	4.4	8:11	0.8	9:14	0.9	7:16	6:17	
22	Tue	3:24	3.3	3:59	4.4	9:16	0.7	10:15	0.7	7:17	6:16	
23	Wed	4:31	3.5	5:03	4.5	10:22	0.5	11:13	0.4	7:18	6:15	
24	Thu	5:34	3.9	6:02	4.6	11:26	0.2			7:19	6:13	
25	Fri	6:31	4.3	6:57	4.6	12:08	0.1	12:28	-0.1	7:20	6:12	
26	Sat	7:24	4.7	7:48	4.6	12:59	-0.3	1:26	-0.4	7:21	6:11	
27	Sun	8:15	5.0	8:38	4.5	1:48	-0.5	2:20	-0.6	7:22	6:10	
28	Mon	9:05	5.2	9:27	4.4	2:34	-0.7	3:12	-0.6	7:23	6:08	
29	Tue	9:54	5.2	10:16	4.1	3:20	-0.7	4:03	-0.6	7:24	6:07	
30	Wed	10:43	5.1	11:04	3.8	4:05	-0.5	4:54	-0.3	7:25	6:06	
31	Thu	11:31	4.9	11:53	3.6	4:52	-0.3	5:46	0.0	7:26	6:05	