
































## Metompkin Inlet, VA - Jun 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:02	3.9	5:39	4.2	11:04	-0.1	11:41	0.0	5:42	8:18	
2	Tue	6:00	3.8	6:34	4.6	11:57	-0.3			5:41	8:19	
3	Wed	6:55	3.8	7:27	4.9	12:43	-0.2	12:49	-0.5	5:41	8:19	
4	Thu	7:48	3.7	8:19	5.0	1:41	-0.4	1:39	-0.6	5:41	8:20	
5	Fri	8:40	3.6	9:09	5.1	2:35	-0.6	2:29	-0.7	5:40	8:21	
6	Sat	9:31	3.6	10:00	5.0	3:26	-0.6	3:17	-0.6	5:40	8:21	
7	Sun	10:22	3.4	10:49	4.9	4:16	-0.5	4:06	-0.5	5:40	8:22	
8	Mon	11:11	3.3	11:38	4.6	5:06	-0.3	4:55	-0.3	5:40	8:22	
9	Tue			12:00	3.2	5:56	0.0	5:46	0.0	5:40	8:23	
10	Wed	12:26	4.3	12:50	3.1	6:46	0.2	6:39	0.3	5:40	8:23	
11	Thu	1:15	4.0	1:42	3.0	7:36	0.4	7:34	0.6	5:40	8:24	
12	Fri	2:05	3.7	2:36	3.0	8:25	0.6	8:30	0.8	5:40	8:24	
13	Sat	2:57	3.5	3:33	3.1	9:11	0.7	9:27	0.9	5:40	8:25	
14	Sun	3:51	3.3	4:28	3.3	9:56	0.7	10:23	1.0	5:40	8:25	
15	Mon	4:44	3.2	5:19	3.5	10:40	0.7	11:18	0.9	5:40	8:25	
16	Tue	5:34	3.2	6:06	3.8	11:23	0.6			5:40	8:26	
17	Wed	6:21	3.2	6:50	4.0	12:11	0.8	12:07	0.5	5:40	8:26	
18	Thu	7:06	3.2	7:33	4.3	12:59	0.6	12:50	0.4	5:40	8:26	
19	Fri	7:50	3.3	8:16	4.5	1:44	0.5	1:33	0.3	5:40	8:27	
20	Sat	8:34	3.3	8:59	4.6	2:27	0.3	2:16	0.2	5:40	8:27	
21	Sun	9:18	3.4	9:43	4.7	3:10	0.2	2:59	0.1	5:41	8:27	
22	Mon	10:03	3.4	10:28	4.8	3:53	0.1	3:43	0.0	5:41	8:27	
23	Tue	10:49	3.4	11:14	4.8	4:38	0.1	4:29	0.0	5:41	8:27	
24	Wed	11:36	3.5			5:25	0.1	5:18	0.1	5:42	8:27	
25	Thu	12:01	4.7	12:26	3.5	6:14	0.1	6:12	0.2	5:42	8:28	
26	Fri	12:49	4.5	1:19	3.6	7:04	0.1	7:11	0.3	5:42	8:28	
27	Sat	1:41	4.3	2:16	3.7	7:56	0.1	8:13	0.3	5:43	8:28	
28	Sun	2:37	4.0	3:17	3.8	8:49	0.0	9:17	0.4	5:43	8:28	
29	Mon	3:37	3.8	4:19	4.1	9:42	0.0	10:22	0.3	5:43	8:28	
30	Tue	4:38	3.6	5:20	4.3	10:36	-0.1	11:28	0.2	5:44	8:28	