

































## Metompkin Inlet, VA - Apr 2023

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 6:11  | 3.5 | 6:23  | 3.0 |       |      | 12:19 | 0.9  | 6:47  | 7:24 |    |
| 2    | Sun | 6:56  | 3.6 | 7:08  | 3.3 | 12:14 | 0.5  | 12:58 | 0.7  | 6:46  | 7:25 |    |
| 3    | Mon | 7:36  | 3.8 | 7:49  | 3.6 | 1:02  | 0.3  | 1:34  | 0.5  | 6:44  | 7:26 |    |
| 4    | Tue | 8:15  | 3.9 | 8:29  | 3.9 | 1:45  | 0.1  | 2:08  | 0.3  | 6:43  | 7:27 |    |
| 5    | Wed | 8:53  | 3.9 | 9:08  | 4.1 | 2:26  | 0.0  | 2:43  | 0.1  | 6:41  | 7:28 |    |
| 6    | Thu | 9:32  | 3.9 | 9:47  | 4.3 | 3:07  | -0.2 | 3:18  | 0.0  | 6:40  | 7:29 |    |
| 7    | Fri | 10:10 | 3.8 | 10:27 | 4.5 | 3:49  | -0.2 | 3:54  | 0.0  | 6:38  | 7:30 |    |
| 8    | Sat | 10:50 | 3.6 | 11:09 | 4.5 | 4:32  | -0.1 | 4:32  | 0.0  | 6:37  | 7:31 |    |
| 9    | Sun | 11:32 | 3.5 | 11:54 | 4.5 | 5:17  | 0.0  | 5:14  | 0.1  | 6:35  | 7:32 |    |
| 10   | Mon |       |     | 12:17 | 3.3 | 6:08  | 0.2  | 6:01  | 0.2  | 6:34  | 7:33 |    |
| 11   | Tue | 12:43 | 4.4 | 1:07  | 3.1 | 7:03  | 0.4  | 6:56  | 0.3  | 6:32  | 7:34 |    |
| 12   | Wed | 1:40  | 4.3 | 2:05  | 2.9 | 8:03  | 0.5  | 7:58  | 0.4  | 6:31  | 7:34 |   |
| 13   | Thu | 2:43  | 4.1 | 3:12  | 2.9 | 9:07  | 0.6  | 9:05  | 0.4  | 6:30  | 7:35 |  |
| 14   | Fri | 3:53  | 4.1 | 4:23  | 3.0 | 10:12 | 0.5  | 10:14 | 0.2  | 6:28  | 7:36 |  |
| 15   | Sat | 5:01  | 4.1 | 5:30  | 3.3 | 11:13 | 0.3  | 11:22 | 0.0  | 6:27  | 7:37 |  |
| 16   | Sun | 6:03  | 4.1 | 6:29  | 3.7 |       |      | 12:09 | 0.0  | 6:25  | 7:38 |  |
| 17   | Mon | 6:58  | 4.2 | 7:22  | 4.1 | 12:26 | -0.3 | 1:00  | -0.2 | 6:24  | 7:39 |  |
| 18   | Tue | 7:49  | 4.1 | 8:11  | 4.4 | 1:24  | -0.5 | 1:46  | -0.4 | 6:23  | 7:40 |  |
| 19   | Wed | 8:36  | 4.0 | 8:58  | 4.6 | 2:17  | -0.7 | 2:29  | -0.5 | 6:21  | 7:41 |  |
| 20   | Thu | 9:22  | 3.9 | 9:43  | 4.7 | 3:07  | -0.7 | 3:10  | -0.5 | 6:20  | 7:42 |  |
| 21   | Fri | 10:06 | 3.7 | 10:27 | 4.7 | 3:54  | -0.6 | 3:51  | -0.4 | 6:19  | 7:43 |  |
| 22   | Sat | 10:50 | 3.4 | 11:11 | 4.5 | 4:40  | -0.4 | 4:33  | -0.2 | 6:17  | 7:44 |  |
| 23   | Sun | 11:34 | 3.2 | 11:56 | 4.3 | 5:26  | -0.1 | 5:16  | 0.1  | 6:16  | 7:44 |  |
| 24   | Mon |       |     | 12:18 | 3.0 | 6:14  | 0.2  | 6:02  | 0.4  | 6:15  | 7:45 |  |
| 25   | Tue | 12:43 | 4.0 | 1:04  | 2.8 | 7:04  | 0.6  | 6:51  | 0.6  | 6:13  | 7:46 |  |
| 26   | Wed | 1:33  | 3.8 | 1:55  | 2.7 | 7:57  | 0.9  | 7:45  | 0.8  | 6:12  | 7:47 |  |
| 27   | Thu | 2:28  | 3.6 | 2:53  | 2.7 | 8:51  | 1.0  | 8:43  | 1.0  | 6:11  | 7:48 |  |
| 28   | Fri | 3:28  | 3.4 | 3:54  | 2.7 | 9:45  | 1.1  | 9:42  | 1.0  | 6:10  | 7:49 |  |
| 29   | Sat | 4:28  | 3.4 | 4:54  | 2.9 | 10:36 | 1.1  | 10:40 | 0.9  | 6:09  | 7:50 |  |
| 30   | Sun | 5:22  | 3.5 | 5:45  | 3.2 | 11:22 | 0.9  | 11:35 | 0.8  | 6:07  | 7:51 |  |