US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**6:55**	3.4	**7:21**	4.5	**12:42**	0.5	**12:40**	0.3	5:42	8:18	
2	Fri	**7:41**	3.5	**8:07**	4.8	**1:32**	0.2	**1:26**	0.1	5:41	8:18	
3	Sat	**8:28**	3.5	**8:55**	5.0	**2:21**	0.0	**2:12**	-0.1	5:41	8:19	
4	Sun	**9:17**	3.5	**9:44**	5.1	**3:10**	-0.1	**2:59**	-0.3	5:41	8:20	
5	Mon	**10:07**	3.5	**10:35**	5.1	**3:59**	-0.2	**3:48**	-0.3	5:41	8:20	
6	Tue	**10:58**	3.4	**11:27**	5.0	**4:50**	-0.2	**4:39**	-0.3	5:40	8:21	
7	Wed	**11:51**	3.4			**5:43**	-0.1	**5:35**	-0.2	5:40	8:21	
8	Thu	**12:20**	4.8	**12:46**	3.4	**6:38**	0.0	**6:35**	0.0	5:40	8:22	
9	Fri	**1:15**	4.6	**1:46**	3.4	**7:35**	0.0	**7:38**	0.1	5:40	8:22	
10	Sat	**2:13**	4.2	**2:49**	3.5	**8:30**	0.0	**8:44**	0.3	5:40	8:23	
11	Sun	**3:13**	3.9	**3:54**	3.7	**9:24**	0.0	**9:51**	0.3	5:40	8:23	
12	Mon	**4:14**	3.6	**4:57**	3.9	**10:17**	0.0	**10:58**	0.3	5:40	8:24	
13	Tue	**5:13**	3.4	**5:53**	4.1	**11:08**	0.0			5:40	8:24	
14	Wed	**6:08**	3.2	**6:44**	4.3	**12:02**	0.3	**11:58 AM**	0.0	5:40	8:25	
15	Thu	**6:59**	3.1	**7:31**	4.4	**1:01**	0.2	**12:46**	0.0	5:40	8:25	
16	Fri	**7:46**	3.1	**8:15**	4.5	**1:53**	0.1	**1:32**	-0.1	5:40	8:25	
17	Sat	**8:32**	3.0	**8:59**	4.5	**2:38**	0.1	**2:16**	0.0	5:40	8:26	
18	Sun	**9:16**	3.0	**9:43**	4.5	**3:20**	0.1	**2:58**	0.0	5:40	8:26	
19	Mon	**9:59**	3.0	**10:26**	4.4	**4:01**	0.2	**3:40**	0.1	5:40	8:26	
20	Tue	**10:42**	3.0	**11:08**	4.3	**4:41**	0.3	**4:22**	0.2	5:40	8:27	
21	Wed	**11:25**	3.0	**11:50**	4.1	**5:21**	0.5	**5:05**	0.4	5:41	8:27	
22	Thu			**12:09**	3.0	**6:02**	0.6	**5:50**	0.6	5:41	8:27	
23	Fri	**12:32**	4.0	**12:53**	3.0	**6:44**	0.7	**6:37**	0.8	5:41	8:27	
24	Sat	**1:15**	3.8	**1:40**	3.1	**7:26**	0.8	**7:28**	0.9	5:41	8:27	
25	Sun	**1:59**	3.6	**2:30**	3.2	**8:08**	0.8	**8:22**	1.0	5:42	8:28	
26	Mon	**2:46**	3.4	**3:23**	3.4	**8:51**	0.8	**9:17**	1.1	5:42	8:28	
27	Tue	**3:38**	3.3	**4:16**	3.6	**9:35**	0.7	**10:15**	1.0	5:42	8:28	
28	Wed	**4:31**	3.2	**5:09**	4.0	**10:22**	0.6	**11:13**	0.8	5:43	8:28	
29	Thu	**5:25**	3.2	**6:01**	4.3	**11:11**	0.4			5:43	8:28	
30	Fri	**6:18**	3.2	**6:52**	4.6	**12:11**	0.6	**12:03**	0.2	5:44	8:28	