
































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	