US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Sep 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:03	4.6	10:30	4.9	3:43	-0.5	4:00	-0.7	6:32	7:32	
2	Sat	10:54	4.8	11:18	4.6	4:29	-0.5	4:53	-0.5	6:33	7:30	
3	Sun	11:44	4.8			5:14	-0.4	5:48	-0.2	6:34	7:29	
4	Mon	12:06	4.1	12:35	4.7	6:01	-0.1	6:46	0.2	6:35	7:27	
5	Tue	12:54	3.7	1:27	4.5	6:50	0.2	7:46	0.6	6:35	7:26	
6	Wed	1:46	3.3	2:25	4.2	7:42	0.5	8:50	0.9	6:36	7:24	
7	Thu	2:44	3.0	3:28	4.0	8:38	0.7	9:57	1.1	6:37	7:23	
8	Fri	3:49	2.8	4:37	3.9	9:38	0.9	11:06	1.2	6:38	7:21	
9	Sat	4:57	2.8	5:41	3.9	10:39	0.9			6:39	7:20	
10	Sun	5:56	2.9	6:33	4.0	12:08	1.2	11:37 AM	0.9	6:40	7:18	
11	Mon	6:44	3.1	7:16	4.1	12:55	1.1	12:30	0.7	6:40	7:17	
12	Tue	7:26	3.4	7:55	4.2	1:31	1.0	1:15	0.6	6:41	7:15	
13	Wed	8:05	3.6	8:31	4.3	2:03	0.8	1:57	0.5	6:42	7:14	
14	Thu	8:44	3.8	9:08	4.3	2:33	0.7	2:36	0.4	6:43	7:12	
15	Fri	9:22	4.0	9:44	4.3	3:04	0.6	3:14	0.4	6:44	7:10	
16	Sat	10:00	4.2	10:20	4.2	3:36	0.5	3:53	0.4	6:45	7:09	
17	Sun	10:38	4.3	10:56	4.0	4:09	0.5	4:33	0.5	6:45	7:07	
18	Mon	11:16	4.4	11:33	3.8	4:43	0.6	5:15	0.7	6:46	7:06	
19	Tue	11:56	4.4			5:19	0.7	6:01	0.8	6:47	7:04	
20	Wed	12:13	3.6	12:40	4.4	5:59	0.8	6:52	1.0	6:48	7:03	
21	Thu	12:57	3.4	1:30	4.4	6:46	0.9	7:50	1.2	6:49	7:01	
22	Fri	1:49	3.2	2:30	4.3	7:42	0.9	8:53	1.2	6:50	7:00	
23	Sat	2:51	3.1	3:37	4.4	8:45	0.9	9:58	1.1	6:50	6:58	
24	Sun	4:02	3.1	4:46	4.5	9:52	0.7	11:02	0.9	6:51	6:56	
25	Mon	5:10	3.4	5:50	4.7	10:59	0.5			6:52	6:55	
26	Tue	6:12	3.7	6:47	4.9	12:02	0.6	12:03	0.1	6:53	6:53	
27	Wed	7:09	4.1	7:39	5.0	12:56	0.2	1:04	-0.2	6:54	6:52	
28	Thu	8:01	4.5	8:29	4.9	1:44	-0.1	2:00	-0.5	6:55	6:50	
29	Fri	8:52	4.8	9:17	4.8	2:30	-0.4	2:53	-0.6	6:56	6:49	
30	Sat	9:41	5.1	10:05	4.5	3:13	-0.5	3:45	-0.6	6:57	6:47	