

































## Metompkin Inlet, VA - Jun 2024

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 4:21  | 3.8 | 5:01  | 4.0 | 10:24 | 0.0  | 11:02 | 0.2  | 5:42  | 8:18 |    |
| 2    | Sun | 5:21  | 3.6 | 5:58  | 4.4 | 11:17 | -0.1 |       |      | 5:41  | 8:19 |    |
| 3    | Mon | 6:17  | 3.5 | 6:52  | 4.7 | 12:07 | 0.0  | 12:09 | -0.3 | 5:41  | 8:19 |    |
| 4    | Tue | 7:11  | 3.4 | 7:43  | 4.9 | 1:07  | -0.1 | 1:00  | -0.4 | 5:41  | 8:20 |    |
| 5    | Wed | 8:03  | 3.4 | 8:33  | 5.0 | 2:02  | -0.3 | 1:49  | -0.5 | 5:40  | 8:21 |    |
| 6    | Thu | 8:53  | 3.3 | 9:23  | 4.9 | 2:54  | -0.3 | 2:38  | -0.4 | 5:40  | 8:21 |    |
| 7    | Fri | 9:43  | 3.2 | 10:11 | 4.8 | 3:42  | -0.3 | 3:25  | -0.4 | 5:40  | 8:22 |    |
| 8    | Sat | 10:31 | 3.2 | 10:59 | 4.6 | 4:30  | -0.1 | 4:13  | -0.2 | 5:40  | 8:22 |    |
| 9    | Sun | 11:18 | 3.1 | 11:46 | 4.4 | 5:17  | 0.1  | 5:01  | 0.0  | 5:40  | 8:23 |    |
| 10   | Mon |       |     | 12:06 | 3.0 | 6:04  | 0.3  | 5:50  | 0.3  | 5:40  | 8:23 |    |
| 11   | Tue | 12:32 | 4.1 | 12:54 | 3.0 | 6:51  | 0.5  | 6:42  | 0.5  | 5:40  | 8:24 |    |
| 12   | Wed | 1:19  | 3.8 | 1:44  | 3.0 | 7:38  | 0.6  | 7:35  | 0.8  | 5:40  | 8:24 |   |
| 13   | Thu | 2:06  | 3.6 | 2:37  | 3.1 | 8:22  | 0.8  | 8:30  | 0.9  | 5:40  | 8:25 |  |
| 14   | Fri | 2:56  | 3.4 | 3:31  | 3.2 | 9:05  | 0.8  | 9:26  | 1.0  | 5:40  | 8:25 |  |
| 15   | Sat | 3:48  | 3.2 | 4:25  | 3.4 | 9:47  | 0.8  | 10:22 | 1.1  | 5:40  | 8:25 |  |
| 16   | Sun | 4:40  | 3.1 | 5:16  | 3.6 | 10:30 | 0.8  | 11:18 | 1.0  | 5:40  | 8:26 |  |
| 17   | Mon | 5:30  | 3.0 | 6:03  | 3.9 | 11:14 | 0.7  |       |      | 5:40  | 8:26 |  |
| 18   | Tue | 6:18  | 3.0 | 6:48  | 4.2 | 12:11 | 0.9  | 12:00 | 0.6  | 5:40  | 8:26 |  |
| 19   | Wed | 7:05  | 3.1 | 7:33  | 4.4 | 1:01  | 0.7  | 12:46 | 0.4  | 5:40  | 8:27 |  |
| 20   | Thu | 7:51  | 3.1 | 8:19  | 4.6 | 1:48  | 0.5  | 1:32  | 0.2  | 5:40  | 8:27 |  |
| 21   | Fri | 8:37  | 3.2 | 9:05  | 4.8 | 2:34  | 0.3  | 2:18  | 0.1  | 5:41  | 8:27 |  |
| 22   | Sat | 9:23  | 3.3 | 9:52  | 4.9 | 3:19  | 0.2  | 3:04  | 0.0  | 5:41  | 8:27 |  |
| 23   | Sun | 10:11 | 3.4 | 10:39 | 4.9 | 4:04  | 0.1  | 3:51  | -0.1 | 5:41  | 8:27 |  |
| 24   | Mon | 11:00 | 3.4 | 11:27 | 4.8 | 4:51  | 0.1  | 4:41  | -0.1 | 5:42  | 8:27 |  |
| 25   | Tue | 11:50 | 3.5 |       |     | 5:40  | 0.0  | 5:34  | 0.0  | 5:42  | 8:28 |  |
| 26   | Wed | 12:16 | 4.7 | 12:42 | 3.6 | 6:30  | 0.0  | 6:32  | 0.1  | 5:42  | 8:28 |  |
| 27   | Thu | 1:06  | 4.4 | 1:38  | 3.7 | 7:20  | 0.0  | 7:33  | 0.2  | 5:43  | 8:28 |  |
| 28   | Fri | 1:59  | 4.1 | 2:37  | 3.8 | 8:11  | 0.0  | 8:37  | 0.3  | 5:43  | 8:28 |  |
| 29   | Sat | 2:55  | 3.8 | 3:39  | 4.0 | 9:02  | 0.0  | 9:43  | 0.4  | 5:43  | 8:28 |  |
| 30   | Sun | 3:55  | 3.5 | 4:41  | 4.2 | 9:55  | 0.0  | 10:50 | 0.4  | 5:44  | 8:28 |  |