

































Metompkin Inlet, VA - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:06	3.3	6:01	-0.3	5:52	-0.2	6:06	7:52	
2	Fri	12:37	4.6	1:02	3.1	7:00	0.1	6:52	0.1	6:04	7:53	
3	Sat	1:35	4.3	2:02	3.0	8:02	0.3	7:55	0.3	6:03	7:54	
4	Sun	2:37	3.9	3:08	2.9	9:03	0.5	9:01	0.5	6:02	7:55	
5	Mon	3:43	3.7	4:18	3.0	10:02	0.6	10:07	0.6	6:01	7:56	
6	Tue	4:47	3.5	5:19	3.2	10:55	0.6	11:10	0.6	6:00	7:57	
7	Wed	5:41	3.4	6:08	3.4	11:41	0.6			5:59	7:58	
8	Thu	6:27	3.3	6:49	3.7	12:08	0.6	12:20	0.5	5:58	7:59	
9	Fri	7:07	3.3	7:28	3.9	12:57	0.5	12:57	0.4	5:57	8:00	
10	Sat	7:46	3.3	8:05	4.1	1:40	0.4	1:32	0.4	5:56	8:00	
11	Sun	8:25	3.3	8:43	4.3	2:19	0.3	2:07	0.3	5:55	8:01	
12	Mon	9:04	3.2	9:22	4.4	2:56	0.2	2:43	0.3	5:54	8:02	
13	Tue	9:43	3.2	10:02	4.4	3:34	0.3	3:20	0.4	5:53	8:03	
14	Wed	10:23	3.2	10:43	4.4	4:12	0.3	3:58	0.4	5:53	8:04	
15	Thu	11:03	3.1	11:25	4.3	4:53	0.5	4:37	0.5	5:52	8:05	
16	Fri	11:44	3.0			5:36	0.6	5:20	0.6	5:51	8:06	
17	Sat	12:08	4.2	12:28	3.0	6:22	0.7	6:08	0.7	5:50	8:06	
18	Sun	12:54	4.1	1:16	3.0	7:11	0.8	7:02	0.7	5:49	8:07	
19	Mon	1:43	4.0	2:11	3.1	8:03	0.7	8:01	0.7	5:49	8:08	
20	Tue	2:38	4.0	3:11	3.3	8:54	0.6	9:04	0.7	5:48	8:09	
21	Wed	3:37	3.9	4:13	3.6	9:46	0.4	10:08	0.5	5:47	8:10	
22	Thu	4:36	3.8	5:12	4.0	10:37	0.2	11:12	0.2	5:47	8:11	
23	Fri	5:34	3.8	6:08	4.5	11:29	-0.1			5:46	8:11	
24	Sat	6:29	3.7	7:01	4.9	12:15	0.0	12:21	-0.3	5:45	8:12	
25	Sun	7:23	3.7	7:54	5.2	1:15	-0.3	1:13	-0.5	5:45	8:13	
26	Mon	8:16	3.7	8:47	5.3	2:11	-0.5	2:04	-0.7	5:44	8:14	
27	Tue	9:10	3.6	9:40	5.3	3:05	-0.6	2:55	-0.7	5:44	8:14	
28	Wed	10:03	3.5	10:33	5.2	3:58	-0.6	3:46	-0.7	5:43	8:15	
29	Thu	10:56	3.4	11:26	4.9	4:51	-0.4	4:39	-0.5	5:43	8:16	
30	Fri	11:49	3.3			5:45	-0.2	5:34	-0.2	5:42	8:17	
31	Sat	12:19	4.6	12:42	3.2	6:39	0.1	6:31	0.1	5:42	8:17	