US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:12	4.2	1:38	3.1	7:34	0.3	7:31	0.4	5:42	8:18	
2	Mon	2:06	3.9	2:37	3.1	8:27	0.4	8:32	0.6	5:41	8:19	
3	Tue	3:01	3.5	3:38	3.2	9:16	0.5	9:34	0.8	5:41	8:19	
4	Wed	3:57	3.3	4:36	3.3	10:02	0.6	10:34	0.8	5:41	8:20	
5	Thu	4:50	3.1	5:27	3.5	10:45	0.6	11:32	0.8	5:40	8:20	
6	Fri	5:40	3.0	6:11	3.8	11:27	0.6			5:40	8:21	
7	Sat	6:25	3.0	6:53	4.0	12:24	0.8	12:09	0.6	5:40	8:22	
8	Sun	7:09	3.0	7:35	4.2	1:11	0.7	12:51	0.5	5:40	8:22	
9	Mon	7:51	3.0	8:16	4.3	1:53	0.6	1:32	0.4	5:40	8:23	
10	Tue	8:34	3.1	8:58	4.4	2:33	0.5	2:13	0.4	5:40	8:23	
11	Wed	9:16	3.1	9:40	4.5	3:12	0.4	2:53	0.3	5:40	8:24	
12	Thu	9:58	3.1	10:23	4.5	3:52	0.4	3:34	0.3	5:40	8:24	
13	Fri	10:41	3.1	11:05	4.5	4:33	0.4	4:17	0.3	5:40	8:25	
14	Sat	11:24	3.2	11:48	4.4	5:16	0.5	5:01	0.4	5:40	8:25	
15	Sun			12:09	3.2	6:00	0.5	5:50	0.4	5:40	8:25	
16	Mon	12:32	4.3	12:57	3.3	6:46	0.4	6:44	0.5	5:40	8:26	
17	Tue	1:19	4.2	1:50	3.5	7:34	0.4	7:43	0.6	5:40	8:26	
18	Wed	2:10	4.0	2:47	3.7	8:22	0.3	8:45	0.6	5:40	8:26	
19	Thu	3:05	3.7	3:47	4.0	9:12	0.2	9:49	0.5	5:40	8:27	
20	Fri	4:04	3.5	4:47	4.3	10:04	0.0	10:55	0.3	5:40	8:27	
21	Sat	5:05	3.4	5:46	4.6	10:58	-0.1	11:59	0.2	5:41	8:27	
22	Sun	6:04	3.3	6:42	4.9	11:53	-0.3			5:41	8:27	
23	Mon	7:01	3.3	7:38	5.0	1:02	0.0	12:50	-0.4	5:41	8:27	
24	Tue	7:57	3.3	8:32	5.1	1:59	-0.2	1:45	-0.6	5:41	8:27	
25	Wed	8:51	3.3	9:26	5.1	2:53	-0.3	2:38	-0.6	5:42	8:28	
26	Thu	9:45	3.4	10:18	5.0	3:44	-0.3	3:30	-0.6	5:42	8:28	
27	Fri	10:37	3.4	11:08	4.8	4:34	-0.2	4:22	-0.5	5:42	8:28	
28	Sat	11:28	3.4	11:56	4.5	5:22	-0.1	5:14	-0.2	5:43	8:28	
29	Sun			12:18	3.4	6:10	0.0	6:07	0.1	5:43	8:28	
30	Mon	12:42	4.1	1:08	3.3	6:57	0.2	7:01	0.4	5:44	8:28	