
































Metompkin Inlet, VA - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:24	2.8	4:10	3.8	9:11	1.2	10:23	1.6	6:32	7:31	
2	Tue	4:27	2.8	5:11	4.0	10:09	1.1	11:22	1.4	6:33	7:30	
3	Wed	5:26	3.0	6:05	4.2	11:08	1.0			6:34	7:28	
4	Thu	6:19	3.3	6:54	4.5	12:15	1.2	12:04	0.7	6:35	7:27	
5	Fri	7:08	3.6	7:40	4.7	1:02	0.9	12:56	0.4	6:36	7:25	
6	Sat	7:55	3.9	8:24	4.8	1:45	0.5	1:46	0.1	6:37	7:24	
7	Sun	8:41	4.3	9:08	4.9	2:26	0.2	2:35	-0.2	6:37	7:22	
8	Mon	9:27	4.6	9:52	4.8	3:06	-0.1	3:23	-0.3	6:38	7:20	
9	Tue	10:14	4.9	10:37	4.6	3:47	-0.2	4:13	-0.3	6:39	7:19	
10	Wed	11:02	5.0	11:23	4.3	4:30	-0.2	5:05	-0.2	6:40	7:17	
11	Thu	11:51	5.0			5:15	-0.2	6:00	0.1	6:41	7:16	
12	Fri	12:11	4.0	12:44	4.9	6:03	0.0	6:59	0.4	6:42	7:14	
13	Sat	1:03	3.6	1:41	4.7	6:57	0.2	8:03	0.7	6:42	7:13	
14	Sun	2:01	3.3	2:46	4.5	7:57	0.4	9:12	0.9	6:43	7:11	
15	Mon	3:08	3.1	3:58	4.4	9:02	0.5	10:23	0.9	6:44	7:10	
16	Tue	4:22	3.0	5:11	4.3	10:10	0.6	11:32	0.9	6:45	7:08	
17	Wed	5:33	3.1	6:14	4.4	11:17	0.5			6:46	7:07	
18	Thu	6:33	3.4	7:06	4.4	12:30	0.7	12:20	0.4	6:47	7:05	
19	Fri	7:22	3.6	7:50	4.4	1:18	0.5	1:14	0.2	6:48	7:03	
20	Sat	8:05	3.9	8:30	4.3	1:57	0.4	2:01	0.1	6:48	7:02	
21	Sun	8:46	4.1	9:08	4.2	2:32	0.3	2:44	0.1	6:49	7:00	
22	Mon	9:24	4.3	9:45	4.1	3:04	0.3	3:25	0.2	6:50	6:59	
23	Tue	10:03	4.4	10:22	3.9	3:37	0.3	4:04	0.3	6:51	6:57	
24	Wed	10:41	4.4	11:00	3.7	4:10	0.4	4:43	0.5	6:52	6:56	
25	Thu	11:20	4.3	11:38	3.5	4:44	0.6	5:25	0.7	6:53	6:54	
26	Fri			12:00	4.2	5:20	0.8	6:08	1.0	6:53	6:53	
27	Sat	12:18	3.3	12:44	4.1	6:00	1.0	6:56	1.3	6:54	6:51	
28	Sun	1:01	3.1	1:32	4.0	6:45	1.2	7:49	1.5	6:55	6:50	
29	Mon	1:49	2.9	2:28	3.9	7:37	1.3	8:46	1.6	6:56	6:48	
30	Tue	2:47	2.9	3:30	3.9	8:35	1.3	9:45	1.6	6:57	6:46	