




























## Metompkin Inlet, VA - Oct 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:51	2.9	4:32	4.0	9:35	1.2	10:42	1.4	6:58	6:45	
2	Thu	4:53	3.2	5:28	4.2	10:36	1.0	11:34	1.1	6:59	6:43	
3	Fri	5:49	3.5	6:19	4.4	11:35	0.7			7:00	6:42	
4	Sat	6:40	3.9	7:06	4.6	12:22	0.7	12:31	0.4	7:00	6:40	
5	Sun	7:27	4.4	7:52	4.7	1:07	0.4	1:25	0.0	7:01	6:39	
6	Mon	8:15	4.8	8:38	4.7	1:50	0.0	2:16	-0.2	7:02	6:37	
7	Tue	9:02	5.2	9:25	4.6	2:33	-0.3	3:06	-0.4	7:03	6:36	
8	Wed	9:50	5.4	10:13	4.3	3:16	-0.4	3:57	-0.4	7:04	6:34	
9	Thu	10:40	5.4	11:02	4.1	4:01	-0.4	4:50	-0.3	7:05	6:33	
10	Fri	11:32	5.3	11:53	3.8	4:49	-0.3	5:46	0.0	7:06	6:32	
11	Sat			12:26	5.1	5:41	-0.1	6:46	0.3	7:07	6:30	
12	Sun	12:47	3.5	1:25	4.8	6:38	0.2	7:51	0.6	7:08	6:29	
13	Mon	1:47	3.2	2:30	4.5	7:41	0.4	8:59	0.8	7:09	6:27	
14	Tue	2:56	3.1	3:42	4.2	8:49	0.6	10:07	0.9	7:10	6:26	
15	Wed	4:13	3.1	4:54	4.1	9:59	0.7	11:10	0.8	7:11	6:24	
16	Thu	5:24	3.3	5:54	4.1	11:06	0.7			7:12	6:23	
17	Fri	6:19	3.5	6:42	4.0	12:02	0.7	12:08	0.6	7:13	6:22	
18	Sat	7:04	3.8	7:23	4.0	12:45	0.6	1:00	0.5	7:13	6:20	
19	Sun	7:43	4.0	8:00	3.9	1:22	0.4	1:45	0.4	7:14	6:19	
20	Mon	8:20	4.3	8:37	3.8	1:55	0.4	2:26	0.3	7:15	6:18	
21	Tue	8:56	4.4	9:14	3.7	2:27	0.3	3:04	0.3	7:16	6:16	
22	Wed	9:34	4.5	9:52	3.6	3:00	0.4	3:41	0.4	7:17	6:15	
23	Thu	10:12	4.5	10:30	3.5	3:34	0.4	4:19	0.5	7:18	6:14	
24	Fri	10:51	4.4	11:09	3.3	4:09	0.6	4:59	0.7	7:19	6:13	
25	Sat	11:32	4.3	11:49	3.2	4:46	0.7	5:41	1.0	7:20	6:11	
26	Sun			12:15	4.2	5:26	0.9	6:28	1.2	7:21	6:10	
27	Mon	12:32	3.0	1:02	4.1	6:12	1.1	7:19	1.3	7:22	6:09	
28	Tue	1:19	2.9	1:53	4.0	7:04	1.2	8:14	1.4	7:23	6:08	
29	Wed	2:15	2.9	2:50	3.9	8:02	1.2	9:08	1.3	7:24	6:07	
30	Thu	3:17	3.0	3:50	4.0	9:04	1.1	10:01	1.1	7:25	6:06	
31	Fri	4:20	3.3	4:47	4.1	10:06	0.9	10:52	0.8	7:27	6:04	