US HARBORS www.USHarbors.com

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	