
































## Metompkin Inlet, VA - Nov 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:17	3.7	5:41	4.2	11:08	0.6	11:41	0.4	7:28	6:03	
2	Sun	5:10	4.2	5:32	4.2	11:07	0.3	11:28	0.1	6:29	5:02	
3	Mon	6:00	4.7	6:21	4.2			12:04	-0.1	6:30	5:01	
4	Tue	6:49	5.1	7:11	4.2	12:15	-0.3	12:58	-0.3	6:31	5:00	
5	Wed	7:39	5.4	8:01	4.1	1:02	-0.5	1:51	-0.5	6:32	4:59	
6	Thu	8:30	5.5	8:51	3.9	1:49	-0.7	2:43	-0.5	6:33	4:58	
7	Fri	9:22	5.5	9:43	3.7	2:37	-0.7	3:37	-0.4	6:34	4:57	
8	Sat	10:16	5.3	10:36	3.5	3:28	-0.5	4:32	-0.1	6:35	4:56	
9	Sun	11:11	5.0	11:32	3.3	4:22	-0.3	5:31	0.1	6:36	4:56	
10	Mon			12:08	4.7	5:21	0.0	6:33	0.4	6:37	4:55	
11	Tue	12:32	3.1	1:10	4.3	6:24	0.3	7:36	0.5	6:38	4:54	
12	Wed	1:38	3.1	2:15	4.0	7:31	0.5	8:37	0.6	6:39	4:53	
13	Thu	2:50	3.1	3:20	3.7	8:39	0.6	9:32	0.6	6:40	4:52	
14	Fri	3:58	3.3	4:18	3.6	9:45	0.7	10:20	0.5	6:41	4:51	
15	Sat	4:52	3.5	5:06	3.5	10:47	0.7	11:03	0.5	6:42	4:51	
16	Sun	5:36	3.8	5:48	3.4	11:40	0.6	11:41	0.4	6:43	4:50	
17	Mon	6:15	4.0	6:27	3.3			12:25	0.5	6:44	4:49	
18	Tue	6:52	4.2	7:06	3.3	12:17	0.3	1:06	0.4	6:45	4:49	
19	Wed	7:30	4.3	7:45	3.3	12:52	0.3	1:43	0.4	6:47	4:48	
20	Thu	8:08	4.4	8:24	3.2	1:28	0.3	2:20	0.4	6:48	4:48	
21	Fri	8:48	4.4	9:04	3.2	2:05	0.3	2:58	0.5	6:49	4:47	
22	Sat	9:29	4.4	9:44	3.1	2:42	0.3	3:38	0.6	6:50	4:47	
23	Sun	10:10	4.3	10:25	3.0	3:21	0.4	4:19	0.7	6:51	4:46	
24	Mon	10:53	4.2	11:08	2.9	4:02	0.6	5:04	0.8	6:52	4:46	
25	Tue	11:36	4.1	11:55	2.9	4:47	0.7	5:52	0.9	6:53	4:45	
26	Wed			12:23	4.0	5:38	0.8	6:41	0.9	6:54	4:45	
27	Thu	12:47	3.0	1:14	3.9	6:35	0.8	7:30	0.8	6:55	4:45	
28	Fri	1:45	3.1	2:09	3.8	7:36	0.8	8:20	0.6	6:56	4:44	
29	Sat	2:45	3.4	3:06	3.7	8:38	0.7	9:10	0.3	6:57	4:44	
30	Sun	3:45	3.8	4:04	3.7	9:42	0.4	10:01	0.0	6:58	4:44	