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# Metompkin Inlet, VA - Dec 2025

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | **4:41** | 4.3 | **5:00** | 3.7 | **10:45** | 0.2 | **10:53** | -0.3 | 6:59 | 4:44 | |
| 2 | Tue | **5:35** | 4.7 | **5:54** | 3.6 | **11:45** | -0.1 | **11:45** | -0.6 | 6:59 | 4:43 | |
| 3 | Wed | **6:28** | 5.0 | **6:47** | 3.6 | | | **12:43** | -0.4 | 7:00 | 4:43 | |
| 4 | Thu | **7:21** | 5.3 | **7:40** | 3.6 | **12:36** | -0.8 | **1:37** | -0.6 | 7:01 | 4:43 | |
| 5 | Fri | **8:14** | 5.3 | **8:33** | 3.5 | **1:28** | -0.9 | **2:30** | -0.6 | 7:02 | 4:43 | |
| 6 | Sat | **9:08** | 5.3 | **9:26** | 3.4 | **2:20** | -1.0 | **3:23** | -0.5 | 7:03 | 4:43 | |
| 7 | Sun | **10:01** | 5.1 | **10:20** | 3.3 | **3:12** | -0.9 | **4:17** | -0.4 | 7:04 | 4:43 | |
| 8 | Mon | **10:55** | 4.8 | **11:14** | 3.2 | **4:07** | -0.6 | **5:12** | -0.2 | 7:05 | 4:43 | |
| 9 | Tue | **11:47** | 4.4 | | | **5:03** | -0.3 | **6:07** | 0.0 | 7:06 | 4:43 | |
| 10 | Wed | **12:10** | 3.1 | **12:41** | 4.0 | **6:03** | 0.0 | **7:02** | 0.2 | 7:06 | 4:43 | |
| 11 | Thu | **1:10** | 3.1 | **1:36** | 3.6 | **7:05** | 0.3 | **7:54** | 0.3 | 7:07 | 4:44 | |
| 12 | Fri | **2:12** | 3.1 | **2:33** | 3.3 | **8:09** | 0.5 | **8:43** | 0.4 | 7:08 | 4:44 | |
| 13 | Sat | **3:15** | 3.2 | **3:29** | 3.0 | **9:12** | 0.6 | **9:29** | 0.4 | 7:09 | 4:44 | |
| 14 | Sun | **4:11** | 3.4 | **4:22** | 2.9 | **10:14** | 0.7 | **10:13** | 0.4 | 7:09 | 4:44 | |
| 15 | Mon | **5:00** | 3.5 | **5:10** | 2.8 | **11:11** | 0.6 | **10:57** | 0.4 | 7:10 | 4:45 | |
| 16 | Tue | **5:43** | 3.7 | **5:54** | 2.8 | | | **12:00** | 0.6 | 7:11 | 4:45 | |
| 17 | Wed | **6:25** | 3.9 | **6:36** | 2.8 | | | **12:43** | 0.5 | 7:11 | 4:45 | |
| 18 | Thu | **7:06** | 4.0 | **7:18** | 2.9 | **12:21** | 0.2 | **1:22** | 0.4 | 7:12 | 4:46 | |
| 19 | Fri | **7:47** | 4.2 | **8:00** | 2.9 | **1:01** | 0.1 | **2:00** | 0.3 | 7:12 | 4:46 | |
| 20 | Sat | **8:29** | 4.2 | **8:41** | 3.0 | **1:41** | 0.0 | **2:38** | 0.3 | 7:13 | 4:46 | |
| 21 | Sun | **9:10** | 4.3 | **9:23** | 3.0 | **2:21** | 0.0 | **3:17** | 0.3 | 7:13 | 4:47 | |
| 22 | Mon | **9:51** | 4.3 | **10:04** | 3.0 | **3:01** | 0.0 | **3:58** | 0.3 | 7:14 | 4:47 | |
| 23 | Tue | **10:31** | 4.2 | **10:47** | 3.0 | **3:43** | 0.1 | **4:39** | 0.3 | 7:14 | 4:48 | |
| 24 | Wed | **11:12** | 4.1 | **11:32** | 3.1 | **4:28** | 0.2 | **5:22** | 0.3 | 7:15 | 4:49 | |
| 25 | Thu | **11:55** | 3.9 | | | **5:17** | 0.3 | **6:07** | 0.3 | 7:15 | 4:49 | |
| 26 | Fri | **12:20** | 3.2 | **12:41** | 3.7 | **6:12** | 0.3 | **6:53** | 0.2 | 7:16 | 4:50 | |
| 27 | Sat | **1:14** | 3.3 | **1:33** | 3.5 | **7:12** | 0.4 | **7:42** | 0.1 | 7:16 | 4:50 | |
| 28 | Sun | **2:13** | 3.6 | **2:30** | 3.3 | **8:15** | 0.4 | **8:33** | -0.1 | 7:16 | 4:51 | |
| 29 | Mon | **3:14** | 3.9 | **3:31** | 3.2 | **9:20** | 0.3 | **9:27** | -0.2 | 7:16 | 4:52 | |
| 30 | Tue | **4:15** | 4.2 | **4:32** | 3.1 | **10:26** | 0.1 | **10:24** | -0.5 | 7:17 | 4:53 | |
| 31 | Wed | **5:14** | 4.5 | **5:31** | 3.1 | **11:30** | -0.1 | **11:21** | -0.7 | 7:17 | 4:53 | |