

## Metompkin Inlet, VA - Apr 2026

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Wed | 8:51  | 3.8 | 9:07  | 4.1 | 2:30  | -0.4 | 2:44  | -0.2 | 6:47                                                                                | 7:25 |    |
| 2    | Thu | 9:30  | 3.7 | 9:46  | 4.2 | 3:12  | -0.4 | 3:19  | -0.2 | 6:45                                                                                | 7:26 |    |
| 3    | Fri | 10:08 | 3.5 | 10:25 | 4.2 | 3:53  | -0.3 | 3:53  | -0.1 | 6:44                                                                                | 7:26 |    |
| 4    | Sat | 10:47 | 3.4 | 11:04 | 4.2 | 4:32  | -0.2 | 4:29  | 0.1  | 6:42                                                                                | 7:27 |    |
| 5    | Sun | 11:25 | 3.2 | 11:45 | 4.0 | 5:13  | 0.1  | 5:06  | 0.3  | 6:41                                                                                | 7:28 |    |
| 6    | Mon |       |     | 12:05 | 3.0 | 5:55  | 0.4  | 5:46  | 0.5  | 6:39                                                                                | 7:29 |    |
| 7    | Tue | 12:27 | 3.9 | 12:47 | 2.9 | 6:40  | 0.7  | 6:30  | 0.7  | 6:38                                                                                | 7:30 |    |
| 8    | Wed | 1:14  | 3.7 | 1:33  | 2.7 | 7:29  | 0.9  | 7:20  | 0.9  | 6:36                                                                                | 7:31 |    |
| 9    | Thu | 2:06  | 3.5 | 2:26  | 2.7 | 8:22  | 1.1  | 8:15  | 0.9  | 6:35                                                                                | 7:32 |    |
| 10   | Fri | 3:04  | 3.5 | 3:26  | 2.7 | 9:17  | 1.2  | 9:14  | 0.9  | 6:33                                                                                | 7:33 |    |
| 11   | Sat | 4:05  | 3.5 | 4:27  | 2.9 | 10:12 | 1.1  | 10:14 | 0.8  | 6:32                                                                                | 7:34 |    |
| 12   | Sun | 5:03  | 3.6 | 5:24  | 3.2 | 11:04 | 0.9  | 11:13 | 0.6  | 6:31                                                                                | 7:35 |   |
| 13   | Mon | 5:55  | 3.8 | 6:16  | 3.6 | 11:53 | 0.6  |       |      | 6:29                                                                                | 7:36 |  |
| 14   | Tue | 6:43  | 3.9 | 7:03  | 4.0 | 12:10 | 0.3  | 12:38 | 0.3  | 6:28                                                                                | 7:36 |  |
| 15   | Wed | 7:29  | 4.0 | 7:50  | 4.4 | 1:03  | 0.0  | 1:22  | 0.0  | 6:26                                                                                | 7:37 |  |
| 16   | Thu | 8:15  | 4.1 | 8:36  | 4.8 | 1:54  | -0.3 | 2:06  | -0.3 | 6:25                                                                                | 7:38 |  |
| 17   | Fri | 9:02  | 4.0 | 9:24  | 5.0 | 2:44  | -0.6 | 2:49  | -0.5 | 6:24                                                                                | 7:39 |  |
| 18   | Sat | 9:49  | 3.9 | 10:13 | 5.2 | 3:34  | -0.7 | 3:34  | -0.6 | 6:22                                                                                | 7:40 |  |
| 19   | Sun | 10:38 | 3.8 | 11:04 | 5.1 | 4:25  | -0.6 | 4:22  | -0.5 | 6:21                                                                                | 7:41 |  |
| 20   | Mon | 11:28 | 3.6 | 11:57 | 4.9 | 5:18  | -0.4 | 5:13  | -0.4 | 6:20                                                                                | 7:42 |  |
| 21   | Tue |       |     | 12:21 | 3.4 | 6:14  | -0.2 | 6:08  | -0.2 | 6:18                                                                                | 7:43 |  |
| 22   | Wed | 12:53 | 4.7 | 1:17  | 3.2 | 7:15  | 0.1  | 7:09  | 0.0  | 6:17                                                                                | 7:44 |  |
| 23   | Thu | 1:53  | 4.4 | 2:21  | 3.0 | 8:18  | 0.3  | 8:15  | 0.2  | 6:16                                                                                | 7:45 |  |
| 24   | Fri | 3:00  | 4.1 | 3:32  | 3.0 | 9:22  | 0.4  | 9:24  | 0.3  | 6:14                                                                                | 7:46 |  |
| 25   | Sat | 4:10  | 3.9 | 4:44  | 3.2 | 10:24 | 0.4  | 10:33 | 0.3  | 6:13                                                                                | 7:47 |  |
| 26   | Sun | 5:15  | 3.7 | 5:46  | 3.4 | 11:20 | 0.3  | 11:39 | 0.3  | 6:12                                                                                | 7:47 |  |
| 27   | Mon | 6:11  | 3.6 | 6:37  | 3.7 |       |      | 12:09 | 0.2  | 6:11                                                                                | 7:48 |  |
| 28   | Tue | 6:58  | 3.5 | 7:21  | 3.9 | 12:38 | 0.2  | 12:52 | 0.1  | 6:09                                                                                | 7:49 |  |
| 29   | Wed | 7:40  | 3.5 | 8:01  | 4.1 | 1:29  | 0.1  | 1:31  | 0.1  | 6:08                                                                                | 7:50 |  |
| 30   | Thu | 8:20  | 3.4 | 8:39  | 4.3 | 2:13  | 0.0  | 2:08  | 0.1  | 6:07                                                                                | 7:51 |  |