

Metompkin Inlet, VA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:59	3.3	9:18	4.4	2:53	0.0	2:43	0.1	6:06	7:52	
2	Sat	9:39	3.3	9:57	4.4	3:32	0.0	3:19	0.1	6:05	7:53	
3	Sun	10:18	3.2	10:38	4.3	4:10	0.1	3:56	0.3	6:04	7:54	
4	Mon	10:58	3.1	11:19	4.2	4:49	0.3	4:34	0.4	6:03	7:55	
5	Tue	11:39	3.0			5:30	0.5	5:15	0.6	6:01	7:56	
6	Wed	12:01	4.1	12:21	2.9	6:13	0.8	5:59	0.7	6:00	7:57	
7	Thu	12:46	3.9	1:06	2.9	7:00	0.9	6:48	0.9	5:59	7:58	
8	Fri	1:33	3.8	1:56	2.9	7:49	1.0	7:42	1.0	5:58	7:58	
9	Sat	2:24	3.7	2:51	2.9	8:39	1.0	8:40	1.0	5:57	7:59	
10	Sun	3:19	3.6	3:50	3.2	9:28	0.9	9:39	0.9	5:56	8:00	
11	Mon	4:15	3.6	4:47	3.5	10:17	0.7	10:40	0.7	5:55	8:01	
12	Tue	5:10	3.7	5:40	3.9	11:06	0.5	11:39	0.4	5:55	8:02	
13	Wed	6:02	3.7	6:31	4.4	11:55	0.2			5:54	8:03	
14	Thu	6:53	3.8	7:21	4.8	12:37	0.1	12:43	-0.1	5:53	8:04	
15	Fri	7:44	3.8	8:11	5.1	1:33	-0.2	1:32	-0.4	5:52	8:05	
16	Sat	8:35	3.8	9:03	5.3	2:26	-0.5	2:21	-0.6	5:51	8:05	
17	Sun	9:27	3.7	9:55	5.4	3:18	-0.6	3:11	-0.7	5:50	8:06	
18	Mon	10:19	3.6	10:49	5.3	4:11	-0.6	4:03	-0.6	5:50	8:07	
19	Tue	11:13	3.5	11:44	5.1	5:05	-0.4	4:57	-0.5	5:49	8:08	
20	Wed			12:08	3.4	6:02	-0.2	5:55	-0.3	5:48	8:09	
21	Thu	12:40	4.7	1:06	3.3	7:00	0.0	6:57	0.0	5:47	8:10	
22	Fri	1:37	4.4	2:08	3.3	7:59	0.1	8:02	0.2	5:47	8:10	
23	Sat	2:37	4.0	3:14	3.3	8:56	0.2	9:08	0.4	5:46	8:11	
24	Sun	3:39	3.7	4:20	3.4	9:50	0.3	10:15	0.5	5:46	8:12	
25	Mon	4:40	3.4	5:20	3.6	10:41	0.3	11:20	0.5	5:45	8:13	
26	Tue	5:35	3.3	6:10	3.8	11:28	0.3			5:44	8:14	
27	Wed	6:24	3.1	6:53	4.0	12:19	0.5	12:12	0.3	5:44	8:14	
28	Thu	7:07	3.1	7:33	4.2	1:10	0.4	12:53	0.3	5:43	8:15	
29	Fri	7:49	3.0	8:13	4.3	1:54	0.3	1:33	0.3	5:43	8:16	
30	Sat	8:30	3.0	8:53	4.3	2:34	0.3	2:12	0.2	5:43	8:16	
31	Sun	9:11	3.1	9:34	4.4	3:11	0.3	2:51	0.3	5:42	8:17	