

Metompkin Inlet, VA - Jun 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:52	3.1	10:16	4.3	3:49	0.4	3:30	0.3	5:42	8:18	
2	Tue	10:33	3.1	10:57	4.3	4:27	0.5	4:09	0.4	5:41	8:18	
3	Wed	11:15	3.0	11:38	4.2	5:07	0.6	4:50	0.5	5:41	8:19	
4	Thu	11:57	3.0			5:48	0.7	5:34	0.6	5:41	8:20	
5	Fri	12:20	4.1	12:40	3.0	6:31	0.7	6:21	0.8	5:41	8:20	
6	Sat	1:02	4.0	1:27	3.1	7:15	0.8	7:13	0.8	5:40	8:21	
7	Sun	1:48	3.8	2:18	3.3	8:00	0.7	8:10	0.9	5:40	8:21	
8	Mon	2:37	3.7	3:13	3.5	8:46	0.6	9:09	0.8	5:40	8:22	
9	Tue	3:31	3.6	4:11	3.8	9:34	0.5	10:10	0.7	5:40	8:23	
10	Wed	4:28	3.5	5:07	4.2	10:24	0.3	11:13	0.5	5:40	8:23	
11	Thu	5:26	3.4	6:02	4.6	11:16	0.0			5:40	8:24	
12	Fri	6:22	3.4	6:57	4.9	12:14	0.2	12:10	-0.2	5:40	8:24	
13	Sat	7:17	3.5	7:51	5.2	1:14	-0.1	1:05	-0.4	5:40	8:24	
14	Sun	8:12	3.5	8:46	5.3	2:10	-0.3	1:59	-0.6	5:40	8:25	
15	Mon	9:07	3.5	9:41	5.4	3:04	-0.4	2:53	-0.8	5:40	8:25	
16	Tue	10:02	3.6	10:35	5.3	3:57	-0.5	3:48	-0.8	5:40	8:26	
17	Wed	10:57	3.6	11:29	5.0	4:50	-0.4	4:43	-0.6	5:40	8:26	
18	Thu	11:52	3.6			5:44	-0.3	5:40	-0.4	5:40	8:26	
19	Fri	12:21	4.7	12:48	3.5	6:37	-0.2	6:40	-0.1	5:40	8:26	
20	Sat	1:14	4.3	1:45	3.5	7:29	-0.1	7:42	0.2	5:40	8:27	
21	Sun	2:06	3.9	2:44	3.5	8:20	0.1	8:45	0.5	5:41	8:27	
22	Mon	3:01	3.5	3:45	3.6	9:09	0.2	9:48	0.6	5:41	8:27	
23	Tue	3:58	3.1	4:43	3.7	9:57	0.4	10:52	0.7	5:41	8:27	
24	Wed	4:54	2.9	5:35	3.8	10:44	0.4	11:52	0.8	5:41	8:27	
25	Thu	5:46	2.8	6:22	3.9	11:30	0.5			5:42	8:28	
26	Fri	6:34	2.8	7:06	4.1	12:46	0.7	12:16	0.5	5:42	8:28	
27	Sat	7:19	2.8	7:49	4.2	1:32	0.7	1:01	0.4	5:42	8:28	
28	Sun	8:02	2.9	8:32	4.3	2:12	0.6	1:45	0.3	5:43	8:28	
29	Mon	8:45	3.0	9:14	4.3	2:50	0.5	2:26	0.3	5:43	8:28	
30	Tue	9:27	3.1	9:55	4.4	3:27	0.5	3:07	0.3	5:44	8:28	