































Metompkin Inlet, VA - Nov 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:46	3.2	1:26	4.4	6:40	0.4	7:50	0.6	6:27	5:04	
2	Mon	1:56	3.2	2:33	4.2	7:49	0.5	8:52	0.6	6:28	5:03	
3	Tue	3:09	3.3	3:40	4.0	8:58	0.5	9:49	0.4	6:29	5:02	
4	Wed	4:16	3.6	4:39	3.9	10:06	0.5	10:41	0.3	6:30	5:00	
5	Thu	5:12	3.9	5:30	3.8	11:09	0.4	11:26	0.2	6:31	4:59	
6	Fri	5:59	4.2	6:15	3.7			12:04	0.2	6:33	4:59	
7	Sat	6:42	4.4	6:57	3.6	12:08	0.1	12:53	0.2	6:34	4:58	
8	Sun	7:22	4.5	7:38	3.5	12:47	0.0	1:36	0.1	6:35	4:57	
9	Mon	8:02	4.6	8:18	3.4	1:25	0.0	2:16	0.2	6:36	4:56	
10	Tue	8:42	4.6	8:58	3.3	2:02	0.1	2:55	0.3	6:37	4:55	
11	Wed	9:23	4.5	9:39	3.2	2:40	0.2	3:35	0.5	6:38	4:54	
12	Thu	10:05	4.4	10:21	3.1	3:19	0.4	4:16	0.7	6:39	4:53	
13	Fri	10:48	4.2	11:03	3.0	4:00	0.5	5:01	0.9	6:40	4:52	
14	Sat	11:33	4.0	11:49	2.9	4:43	0.7	5:47	1.0	6:41	4:52	
15	Sun			12:19	3.9	5:32	0.9	6:36	1.1	6:42	4:51	
16	Mon	12:39	2.9	1:09	3.8	6:25	1.0	7:25	1.1	6:43	4:50	
17	Tue	1:34	2.9	2:01	3.7	7:21	1.1	8:13	1.1	6:44	4:50	
18	Wed	2:33	3.1	2:55	3.6	8:20	1.1	9:00	0.9	6:45	4:49	
19	Thu	3:29	3.4	3:49	3.6	9:19	0.9	9:46	0.6	6:46	4:48	
20	Fri	4:22	3.8	4:40	3.7	10:17	0.7	10:33	0.4	6:47	4:48	
21	Sat	5:12	4.2	5:29	3.7	11:14	0.4	11:20	0.1	6:48	4:47	
22	Sun	6:00	4.6	6:18	3.7			12:08	0.1	6:49	4:47	
23	Mon	6:49	5.0	7:07	3.7	12:08	-0.2	1:01	-0.2	6:50	4:46	
24	Tue	7:38	5.2	7:57	3.7	12:56	-0.5	1:52	-0.3	6:51	4:46	
25	Wed	8:30	5.4	8:49	3.6	1:45	-0.6	2:44	-0.4	6:52	4:45	
26	Thu	9:22	5.3	9:41	3.6	2:35	-0.7	3:36	-0.3	6:53	4:45	
27	Fri	10:16	5.2	10:36	3.5	3:27	-0.6	4:31	-0.2	6:54	4:45	
28	Sat	11:11	4.9	11:33	3.4	4:23	-0.5	5:28	-0.1	6:55	4:44	
29	Sun			12:07	4.6	5:23	-0.2	6:27	0.1	6:56	4:44	
30	Mon	12:33	3.3	1:05	4.2	6:27	0.0	7:25	0.1	6:57	4:44	