US HARBORS www.USHarbors.com

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	