US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jun 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:26	4.4	12:51	3.3	6:44	0.1	6:43	0.2	5:42	8:18	
2	Sat	1:15	4.0	1:44	3.2	7:33	0.3	7:39	0.5	5:41	8:19	
3	Sun	2:05	3.7	2:39	3.2	8:22	0.4	8:37	0.7	5:41	8:19	
4	Mon	2:57	3.4	3:35	3.3	9:08	0.6	9:35	0.9	5:41	8:20	
5	Tue	3:51	3.2	4:31	3.4	9:52	0.6	10:32	0.9	5:41	8:21	
6	Wed	4:44	3.0	5:22	3.6	10:37	0.7	11:28	0.9	5:40	8:21	
7	Thu	5:35	3.0	6:08	3.8	11:21	0.6			5:40	8:22	
8	Fri	6:22	3.0	6:53	4.1	12:20	0.8	12:06	0.5	5:40	8:22	
9	Sat	7:07	3.1	7:36	4.3	1:07	0.7	12:51	0.4	5:40	8:23	
10	Sun	7:52	3.1	8:19	4.4	1:50	0.6	1:34	0.3	5:40	8:23	
11	Mon	8:35	3.2	9:02	4.5	2:31	0.4	2:17	0.2	5:40	8:24	
12	Tue	9:19	3.3	9:45	4.6	3:12	0.3	2:59	0.1	5:40	8:24	
13	Wed	10:03	3.4	10:28	4.7	3:53	0.3	3:42	0.1	5:40	8:25	
14	Thu	10:47	3.4	11:11	4.6	4:36	0.2	4:27	0.1	5:40	8:25	
15	Fri	11:32	3.5	11:55	4.5	5:19	0.2	5:15	0.2	5:40	8:25	
16	Sat			12:19	3.6	6:05	0.2	6:07	0.3	5:40	8:26	
17	Sun	12:41	4.4	1:10	3.7	6:52	0.2	7:03	0.4	5:40	8:26	
18	Mon	1:29	4.1	2:05	3.8	7:41	0.1	8:04	0.4	5:40	8:26	
19	Tue	2:23	3.9	3:04	4.0	8:32	0.0	9:07	0.4	5:40	8:27	
20	Wed	3:21	3.6	4:05	4.2	9:25	0.0	10:12	0.4	5:40	8:27	
21	Thu	4:22	3.4	5:07	4.4	10:20	-0.1	11:17	0.3	5:41	8:27	
22	Fri	5:24	3.3	6:06	4.7	11:16	-0.3			5:41	8:27	
23	Sat	6:23	3.3	7:02	4.8	12:22	0.1	12:14	-0.4	5:41	8:27	
24	Sun	7:20	3.3	7:57	4.9	1:22	-0.1	1:10	-0.5	5:41	8:27	
25	Mon	8:14	3.4	8:49	5.0	2:16	-0.2	2:04	-0.6	5:42	8:28	
26	Tue	9:07	3.4	9:40	4.9	3:07	-0.3	2:55	-0.6	5:42	8:28	
27	Wed	9:58	3.5	10:28	4.7	3:54	-0.3	3:45	-0.5	5:43	8:28	
28	Thu	10:47	3.5	11:14	4.5	4:40	-0.2	4:34	-0.3	5:43	8:28	
29	Fri	11:35	3.5	11:58	4.2	5:25	-0.1	5:23	-0.1	5:43	8:28	
30	Sat			12:22	3.5	6:08	0.1	6:13	0.2	5:44	8:28	