US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**2:51**	3.1	**3:31**	4.0	**8:42**	1.2	**9:43**	1.4	6:58	6:45	
2	Tue	**3:55**	3.2	**4:32**	4.2	**9:43**	1.0	**10:38**	1.1	6:59	6:43	
3	Wed	**4:56**	3.5	**5:28**	4.3	**10:44**	0.8	**11:31**	0.8	7:00	6:42	
4	Thu	**5:52**	3.9	**6:20**	4.5	**11:44**	0.5			7:01	6:40	
5	Fri	**6:44**	4.4	**7:10**	4.7	**12:21**	0.4	**12:42**	0.1	7:01	6:39	
6	Sat	**7:34**	4.8	**7:59**	4.7	**1:09**	0.0	**1:36**	-0.2	7:02	6:37	
7	Sun	**8:24**	5.2	**8:48**	4.7	**1:55**	-0.3	**2:29**	-0.5	7:03	6:36	
8	Mon	**9:14**	5.4	**9:37**	4.5	**2:41**	-0.5	**3:21**	-0.6	7:04	6:34	
9	Tue	**10:05**	5.5	**10:27**	4.3	**3:28**	-0.6	**4:13**	-0.5	7:05	6:33	
10	Wed	**10:56**	5.5	**11:18**	4.0	**4:16**	-0.6	**5:07**	-0.3	7:06	6:32	
11	Thu	**11:50**	5.3			**5:07**	-0.4	**6:04**	0.0	7:07	6:30	
12	Fri	**12:11**	3.8	**12:45**	5.0	**6:02**	-0.1	**7:05**	0.3	7:08	6:29	
13	Sat	**1:07**	3.5	**1:45**	4.6	**7:01**	0.2	**8:08**	0.6	7:09	6:27	
14	Sun	**2:09**	3.3	**2:50**	4.3	**8:05**	0.5	**9:14**	0.7	7:10	6:26	
15	Mon	**3:18**	3.2	**3:59**	4.1	**9:12**	0.6	**10:17**	0.8	7:11	6:24	
16	Tue	**4:30**	3.3	**5:04**	3.9	**10:19**	0.7	**11:13**	0.7	7:12	6:23	
17	Wed	**5:34**	3.4	**5:59**	3.9	**11:22**	0.7			7:13	6:22	
18	Thu	**6:23**	3.7	**6:43**	3.8	**12:02**	0.7	**12:19**	0.6	7:14	6:20	
19	Fri	**7:05**	3.9	**7:22**	3.8	**12:42**	0.6	**1:07**	0.5	7:14	6:19	
20	Sat	**7:43**	4.1	**8:00**	3.8	**1:18**	0.5	**1:49**	0.4	7:15	6:18	
21	Sun	**8:20**	4.3	**8:37**	3.7	**1:52**	0.4	**2:28**	0.4	7:16	6:16	
22	Mon	**8:58**	4.5	**9:15**	3.7	**2:26**	0.4	**3:05**	0.4	7:17	6:15	
23	Tue	**9:36**	4.5	**9:54**	3.6	**3:01**	0.4	**3:42**	0.5	7:18	6:14	
24	Wed	**10:16**	4.5	**10:33**	3.5	**3:36**	0.4	**4:20**	0.6	7:19	6:13	
25	Thu	**10:56**	4.5	**11:12**	3.4	**4:13**	0.6	**5:01**	0.8	7:20	6:11	
26	Fri	**11:37**	4.4	**11:53**	3.3	**4:51**	0.7	**5:44**	0.9	7:21	6:10	
27	Sat			**12:20**	4.3	**5:33**	0.8	**6:31**	1.1	7:22	6:09	
28	Sun	**12:37**	3.2	**1:06**	4.2	**6:21**	1.0	**7:21**	1.2	7:23	6:08	
29	Mon	**1:26**	3.1	**1:57**	4.1	**7:14**	1.0	**8:14**	1.1	7:24	6:07	
30	Tue	**2:22**	3.2	**2:54**	4.0	**8:14**	1.0	**9:08**	1.0	7:25	6:06	
31	Wed	**3:24**	3.4	**3:53**	4.1	**9:16**	0.9	**10:01**	0.8	7:27	6:04	