US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Apr 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:16**	3.7	**8:32**	4.0	**1:55**	-0.3	**2:11**	-0.1	6:47	7:25	
2	Tue	**8:55**	3.7	**9:11**	4.1	**2:38**	-0.3	**2:46**	-0.2	6:45	7:26	
3	Wed	**9:33**	3.6	**9:50**	4.2	**3:17**	-0.3	**3:21**	-0.1	6:44	7:27	
4	Thu	**10:12**	3.5	**10:29**	4.2	**3:56**	-0.2	**3:57**	0.0	6:42	7:27	
5	Fri	**10:50**	3.4	**11:09**	4.1	**4:34**	0.0	**4:33**	0.1	6:41	7:28	
6	Sat	**11:29**	3.3	**11:50**	4.0	**5:14**	0.2	**5:11**	0.3	6:39	7:29	
7	Sun			**12:09**	3.1	**5:56**	0.4	**5:52**	0.5	6:38	7:30	
8	Mon	**12:32**	3.9	**12:52**	3.0	**6:41**	0.7	**6:37**	0.7	6:36	7:31	
9	Tue	**1:18**	3.7	**1:38**	2.9	**7:29**	0.9	**7:28**	0.8	6:35	7:32	
10	Wed	**2:09**	3.6	**2:31**	2.9	**8:21**	1.0	**8:23**	0.9	6:33	7:33	
11	Thu	**3:05**	3.6	**3:30**	3.0	**9:14**	1.0	**9:21**	0.8	6:32	7:34	
12	Fri	**4:03**	3.6	**4:30**	3.2	**10:08**	0.9	**10:20**	0.6	6:31	7:35	
13	Sat	**5:01**	3.7	**5:26**	3.5	**11:00**	0.6	**11:20**	0.4	6:29	7:36	
14	Sun	**5:55**	3.9	**6:19**	3.9	**11:52**	0.3			6:28	7:37	
15	Mon	**6:46**	4.0	**7:09**	4.4	**12:18**	0.0	**12:41**	0.0	6:26	7:37	
16	Tue	**7:35**	4.1	**7:59**	4.8	**1:13**	-0.3	**1:29**	-0.3	6:25	7:38	
17	Wed	**8:24**	4.2	**8:48**	5.1	**2:06**	-0.6	**2:16**	-0.6	6:24	7:39	
18	Thu	**9:14**	4.1	**9:39**	5.2	**2:57**	-0.8	**3:03**	-0.8	6:22	7:40	
19	Fri	**10:04**	4.1	**10:30**	5.3	**3:49**	-0.9	**3:52**	-0.8	6:21	7:41	
20	Sat	**10:55**	3.9	**11:23**	5.1	**4:41**	-0.8	**4:42**	-0.7	6:19	7:42	
21	Sun	**11:47**	3.7			**5:36**	-0.6	**5:36**	-0.5	6:18	7:43	
22	Mon	**12:17**	4.9	**12:42**	3.5	**6:33**	-0.3	**6:34**	-0.3	6:17	7:44	
23	Tue	**1:13**	4.5	**1:40**	3.3	**7:33**	0.0	**7:36**	0.0	6:16	7:45	
24	Wed	**2:13**	4.2	**2:44**	3.2	**8:34**	0.2	**8:41**	0.2	6:14	7:46	
25	Thu	**3:18**	3.9	**3:53**	3.2	**9:35**	0.3	**9:48**	0.3	6:13	7:47	
26	Fri	**4:25**	3.7	**5:00**	3.3	**10:33**	0.3	**10:54**	0.3	6:12	7:48	
27	Sat	**5:26**	3.5	**5:57**	3.5	**11:26**	0.3	**11:56**	0.3	6:11	7:48	
28	Sun	**6:19**	3.4	**6:44**	3.8			**12:14**	0.2	6:09	7:49	
29	Mon	**7:04**	3.4	**7:26**	4.0	**12:51**	0.2	**12:56**	0.2	6:08	7:50	
30	Tue	**7:44**	3.4	**8:05**	4.1	**1:37**	0.1	**1:35**	0.1	6:07	7:51	