US HARBORS www.USHarbors.com

Metompkin Inlet, VA - May 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:24	3.4	8:44	4.3	2:18	0.1	2:11	0.1	6:06	7:52	
2	Thu	9:03	3.4	9:23	4.3	2:56	0.1	2:48	0.1	6:05	7:53	
3	Fri	9:43	3.3	10:03	4.3	3:33	0.1	3:25	0.2	6:04	7:54	
4	Sat	10:23	3.3	10:43	4.3	4:11	0.2	4:02	0.3	6:02	7:55	
5	Sun	11:03	3.2	11:24	4.2	4:50	0.3	4:41	0.4	6:01	7:56	
6	Mon	11:44	3.2			5:31	0.5	5:23	0.6	6:00	7:57	
7	Tue	12:05	4.1	12:26	3.1	6:14	0.7	6:07	0.7	5:59	7:58	
8	Wed	12:49	4.0	1:11	3.1	7:00	0.8	6:57	0.8	5:58	7:58	
9	Thu	1:35	3.9	2:01	3.1	7:48	0.8	7:51	0.9	5:57	7:59	
10	Fri	2:26	3.8	2:57	3.3	8:38	0.8	8:50	0.8	5:56	8:00	
11	Sat	3:21	3.7	3:55	3.5	9:28	0.6	9:50	0.7	5:55	8:01	
12	Sun	4:19	3.7	4:53	3.9	10:20	0.4	10:51	0.5	5:55	8:02	
13	Mon	5:16	3.8	5:49	4.3	11:12	0.2	11:52	0.2	5:54	8:03	
14	Tue	6:11	3.8	6:42	4.7			12:04	-0.1	5:53	8:04	
15	Wed	7:05	3.9	7:35	5.1	12:51	-0.2	12:56	-0.4	5:52	8:05	
16	Thu	7:58	3.9	8:27	5.3	1:47	-0.5	1:48	-0.7	5:51	8:05	
17	Fri	8:51	3.9	9:20	5.4	2:41	-0.7	2:39	-0.8	5:50	8:06	
18	Sat	9:44	3.9	10:13	5.4	3:34	-0.7	3:31	-0.9	5:50	8:07	
19	Sun	10:37	3.8	11:07	5.2	4:27	-0.7	4:24	-0.8	5:49	8:08	
20	Mon	11:31	3.7			5:21	-0.6	5:19	-0.6	5:48	8:09	
21	Tue	12:00	4.9	12:26	3.6	6:16	-0.4	6:17	-0.3	5:47	8:10	
22	Wed	12:55	4.5	1:24	3.5	7:12	-0.2	7:18	0.0	5:47	8:10	
23	Thu	1:50	4.2	2:24	3.4	8:08	0.0	8:21	0.3	5:46	8:11	
24	Fri	2:48	3.8	3:28	3.4	9:03	0.2	9:26	0.5	5:45	8:12	
25	Sat	3:48	3.5	4:30	3.5	9:55	0.3	10:29	0.6	5:45	8:13	
26	Sun	4:47	3.3	5:26	3.7	10:45	0.3	11:31	0.6	5:44	8:14	
27	Mon	5:40	3.1	6:14	3.8	11:31	0.4			5:44	8:14	
28	Tue	6:27	3.1	6:56	4.0	12:26	0.5	12:15	0.3	5:43	8:15	
29	Wed	7:10	3.1	7:37	4.1	1:14	0.5	12:57	0.3	5:43	8:16	
30	Thu	7:52	3.1	8:18	4.3	1:55	0.4	1:38	0.3	5:42	8:16	
31	Fri	8:34	3.2	8:58	4.4	2:34	0.3	2:17	0.2	5:42	8:17	