US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Oct 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:04	5.1	5:23	-0.1	6:16	0.2	6:58	6:45	
2	Wed	12:24	3.8	12:59	4.9	6:17	0.1	7:17	0.5	6:59	6:44	
3	Thu	1:21	3.6	1:59	4.7	7:17	0.3	8:20	0.6	6:59	6:42	
4	Fri	2:24	3.4	3:06	4.5	8:21	0.4	9:25	0.7	7:00	6:41	
5	Sat	3:34	3.4	4:15	4.3	9:28	0.5	10:29	0.6	7:01	6:39	
6	Sun	4:45	3.5	5:20	4.2	10:36	0.5	11:28	0.5	7:02	6:38	
7	Mon	5:48	3.7	6:17	4.2	11:41	0.4			7:03	6:36	
8	Tue	6:42	4.0	7:06	4.2	12:21	0.4	12:40	0.2	7:04	6:35	
9	Wed	7:29	4.2	7:50	4.1	1:06	0.2	1:31	0.1	7:05	6:33	
10	Thu	8:12	4.4	8:31	4.0	1:47	0.1	2:17	0.0	7:06	6:32	
11	Fri	8:52	4.6	9:11	3.9	2:25	0.0	2:59	0.1	7:07	6:30	
12	Sat	9:33	4.6	9:51	3.8	3:02	0.1	3:40	0.2	7:08	6:29	
13	Sun	10:13	4.6	10:30	3.7	3:39	0.2	4:19	0.3	7:09	6:28	
14	Mon	10:53	4.5	11:11	3.5	4:16	0.3	5:00	0.6	7:09	6:26	
15	Tue	11:35	4.4	11:52	3.4	4:55	0.5	5:43	0.8	7:10	6:25	
16	Wed			12:19	4.2	5:36	0.8	6:29	1.1	7:11	6:23	
17	Thu	12:36	3.2	1:05	4.1	6:21	1.0	7:18	1.3	7:12	6:22	
18	Fri	1:23	3.1	1:55	3.9	7:12	1.1	8:09	1.4	7:13	6:21	
19	Sat	2:16	3.1	2:50	3.8	8:06	1.2	9:02	1.4	7:14	6:19	
20	Sun	3:15	3.1	3:47	3.8	9:04	1.2	9:53	1.2	7:15	6:18	
21	Mon	4:14	3.3	4:42	3.9	10:02	1.1	10:43	1.0	7:16	6:17	
22	Tue	5:10	3.7	5:34	4.0	11:00	0.9	11:31	0.7	7:17	6:15	
23	Wed	6:01	4.1	6:23	4.2	11:56	0.6			7:18	6:14	
24	Thu	6:49	4.5	7:10	4.3	12:18	0.4	12:49	0.3	7:19	6:13	
25	Fri	7:37	4.9	7:58	4.3	1:04	0.1	1:41	0.0	7:20	6:12	
26	Sat	8:24	5.2	8:45	4.3	1:50	-0.2	2:32	-0.3	7:21	6:10	
27	Sun	9:13	5.4	9:34	4.2	2:36	-0.4	3:22	-0.4	7:22	6:09	
28	Mon	10:03	5.5	10:24	4.1	3:23	-0.5	4:13	-0.3	7:23	6:08	
29	Tue	10:55	5.4	11:16	3.9	4:12	-0.5	5:06	-0.2	7:24	6:07	
30	Wed	11:48	5.2			5:05	-0.4	6:03	0.0	7:25	6:06	
31	Thu	12:10	3.7	12:44	4.9	6:01	-0.2	7:02	0.2	7:26	6:05	