US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Nov 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:08	3.6	1:43	4.6	7:02	0.1	8:03	0.3	7:27	6:04	
2	Sat	2:11	3.4	2:46	4.3	8:07	0.3	9:05	0.4	7:28	6:03	
3	Sun	2:20	3.4	2:52	4.0	8:15	0.4	9:04	0.4	6:29	5:01	
4	Mon	3:30	3.5	3:55	3.8	9:22	0.5	9:59	0.4	6:30	5:00	
5	Tue	4:32	3.7	4:52	3.7	10:27	0.5	10:50	0.3	6:31	4:59	
6	Wed	5:24	4.0	5:40	3.6	11:26	0.4	11:35	0.2	6:33	4:58	
7	Thu	6:08	4.2	6:23	3.6			12:17	0.3	6:34	4:58	
8	Fri	6:49	4.3	7:03	3.5	12:16	0.1	1:01	0.2	6:35	4:57	
9	Sat	7:28	4.4	7:43	3.5	12:54	0.1	1:41	0.2	6:36	4:56	
10	Sun	8:08	4.5	8:23	3.4	1:32	0.1	2:19	0.3	6:37	4:55	
11	Mon	8:48	4.5	9:03	3.4	2:09	0.1	2:57	0.3	6:38	4:54	
12	Tue	9:28	4.4	9:44	3.3	2:47	0.2	3:36	0.5	6:39	4:53	
13	Wed	10:10	4.3	10:26	3.2	3:25	0.4	4:16	0.6	6:40	4:52	
14	Thu	10:51	4.2	11:08	3.2	4:06	0.5	4:59	0.8	6:41	4:52	
15	Fri	11:34	4.1	11:54	3.1	4:50	0.7	5:45	0.9	6:42	4:51	
16	Sat			12:19	3.9	5:38	0.9	6:32	1.0	6:43	4:50	
17	Sun	12:43	3.1	1:08	3.8	6:31	1.0	7:20	1.0	6:44	4:50	
18	Mon	1:37	3.2	2:00	3.7	7:28	1.0	8:09	0.8	6:45	4:49	
19	Tue	2:35	3.4	2:56	3.7	8:26	0.9	8:58	0.6	6:46	4:48	
20	Wed	3:32	3.7	3:51	3.7	9:26	0.8	9:49	0.4	6:47	4:48	
21	Thu	4:27	4.1	4:45	3.8	10:26	0.5	10:39	0.1	6:48	4:47	
22	Fri	5:19	4.5	5:38	3.8	11:24	0.2	11:31	-0.3	6:49	4:47	
23	Sat	6:11	4.9	6:30	3.9			12:20	-0.2	6:50	4:46	
24	Sun	7:02	5.2	7:21	3.9	12:22	-0.6	1:14	-0.4	6:51	4:46	
25	Mon	7:54	5.4	8:14	3.9	1:12	-0.8	2:06	-0.6	6:52	4:45	
26	Tue	8:47	5.4	9:07	3.9	2:03	-0.9	2:58	-0.6	6:53	4:45	
27	Wed	9:40	5.3	10:00	3.8	2:55	-0.9	3:51	-0.5	6:54	4:45	
28	Thu	10:33	5.1	10:55	3.7	3:49	-0.8	4:46	-0.4	6:55	4:44	
29	Fri	11:27	4.8	11:52	3.5	4:46	-0.5	5:42	-0.3	6:56	4:44	
30	Sat			12:22	4.4	5:46	-0.2	6:39	-0.1	6:57	4:44	