

































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 |  |