US HARBORS www.USHarbors.com

# Metompkin Inlet, VA - Dec 2030

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | **12:52** | 3.5 | **1:19** | 3.9 | **6:49** | 0.1 | **7:35** | 0.0 | 6:58 | 4:44 | |
| 2 | Mon | **1:56** | 3.4 | **2:19** | 3.6 | **7:55** | 0.3 | **8:30** | 0.1 | 6:59 | 4:43 | |
| 3 | Tue | **3:02** | 3.5 | **3:20** | 3.3 | **9:01** | 0.4 | **9:22** | 0.2 | 7:00 | 4:43 | |
| 4 | Wed | **4:05** | 3.6 | **4:17** | 3.1 | **10:06** | 0.5 | **10:12** | 0.2 | 7:01 | 4:43 | |
| 5 | Thu | **4:58** | 3.7 | **5:08** | 3.0 | **11:06** | 0.5 | **11:00** | 0.1 | 7:02 | 4:43 | |
| 6 | Fri | **5:44** | 3.9 | **5:54** | 3.0 | **11:58** | 0.4 | **11:44** | 0.1 | 7:03 | 4:43 | |
| 7 | Sat | **6:26** | 4.0 | **6:36** | 3.0 | | | **12:43** | 0.3 | 7:04 | 4:43 | |
| 8 | Sun | **7:06** | 4.1 | **7:17** | 3.1 | **12:25** | 0.0 | **1:22** | 0.3 | 7:05 | 4:43 | |
| 9 | Mon | **7:46** | 4.2 | **7:58** | 3.1 | **1:05** | 0.0 | **1:59** | 0.2 | 7:05 | 4:43 | |
| 10 | Tue | **8:26** | 4.3 | **8:39** | 3.1 | **1:44** | -0.1 | **2:36** | 0.2 | 7:06 | 4:43 | |
| 11 | Wed | **9:07** | 4.3 | **9:20** | 3.1 | **2:23** | 0.0 | **3:13** | 0.3 | 7:07 | 4:43 | |
| 12 | Thu | **9:47** | 4.2 | **10:01** | 3.1 | **3:02** | 0.0 | **3:51** | 0.3 | 7:08 | 4:44 | |
| 13 | Fri | **10:26** | 4.1 | **10:43** | 3.1 | **3:42** | 0.2 | **4:31** | 0.4 | 7:08 | 4:44 | |
| 14 | Sat | **11:06** | 4.0 | **11:26** | 3.1 | **4:24** | 0.3 | **5:12** | 0.5 | 7:09 | 4:44 | |
| 15 | Sun | **11:47** | 3.9 | | | **5:10** | 0.5 | **5:55** | 0.5 | 7:10 | 4:44 | |
| 16 | Mon | **12:11** | 3.2 | **12:30** | 3.7 | **6:00** | 0.6 | **6:40** | 0.4 | 7:10 | 4:45 | |
| 17 | Tue | **1:01** | 3.3 | **1:19** | 3.5 | **6:56** | 0.6 | **7:27** | 0.4 | 7:11 | 4:45 | |
| 18 | Wed | **1:56** | 3.5 | **2:13** | 3.4 | **7:55** | 0.6 | **8:17** | 0.2 | 7:12 | 4:45 | |
| 19 | Thu | **2:55** | 3.7 | **3:12** | 3.3 | **8:56** | 0.5 | **9:10** | 0.0 | 7:12 | 4:46 | |
| 20 | Fri | **3:55** | 4.0 | **4:11** | 3.3 | **9:59** | 0.3 | **10:06** | -0.3 | 7:13 | 4:46 | |
| 21 | Sat | **4:53** | 4.4 | **5:09** | 3.4 | **11:01** | 0.1 | **11:02** | -0.6 | 7:13 | 4:47 | |
| 22 | Sun | **5:49** | 4.7 | **6:06** | 3.5 | | | **12:01** | -0.2 | 7:14 | 4:47 | |
| 23 | Mon | **6:44** | 5.0 | **7:01** | 3.5 | | | **12:58** | -0.5 | 7:14 | 4:48 | |
| 24 | Tue | **7:38** | 5.1 | **7:56** | 3.6 | **12:54** | -1.1 | **1:51** | -0.7 | 7:15 | 4:48 | |
| 25 | Wed | **8:32** | 5.2 | **8:50** | 3.7 | **1:48** | -1.3 | **2:43** | -0.9 | 7:15 | 4:49 | |
| 26 | Thu | **9:24** | 5.1 | **9:44** | 3.7 | **2:41** | -1.3 | **3:34** | -0.9 | 7:15 | 4:50 | |
| 27 | Fri | **10:16** | 4.8 | **10:37** | 3.7 | **3:35** | -1.2 | **4:24** | -0.8 | 7:16 | 4:50 | |
| 28 | Sat | **11:06** | 4.5 | **11:31** | 3.6 | **4:30** | -0.9 | **5:16** | -0.6 | 7:16 | 4:51 | |
| 29 | Sun | **11:56** | 4.0 | | | **5:27** | -0.6 | **6:07** | -0.5 | 7:16 | 4:52 | |
| 30 | Mon | **12:26** | 3.5 | **12:47** | 3.6 | **6:26** | -0.2 | **6:58** | -0.3 | 7:17 | 4:52 | |
| 31 | Tue | **1:23** | 3.4 | **1:41** | 3.2 | **7:27** | 0.1 | **7:49** | -0.1 | 7:17 | 4:53 | |