

































## 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	