

































## Metompkin Inlet, VA - Jun 2031

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sun | 5:20  | 3.5 | 5:55  | 4.3 | 11:12 | 0.3  | 11:59 | 0.4  | 5:42  | 8:18 |    |
| 2    | Mon | 6:13  | 3.6 | 6:46  | 4.7 |       |      | 12:03 | 0.0  | 5:41  | 8:18 |    |
| 3    | Tue | 7:06  | 3.7 | 7:37  | 5.0 | 12:56 | 0.1  | 12:56 | -0.3 | 5:41  | 8:19 |    |
| 4    | Wed | 7:58  | 3.8 | 8:29  | 5.2 | 1:50  | -0.2 | 1:48  | -0.5 | 5:41  | 8:20 |    |
| 5    | Thu | 8:51  | 3.8 | 9:21  | 5.4 | 2:42  | -0.4 | 2:39  | -0.7 | 5:41  | 8:20 |    |
| 6    | Fri | 9:44  | 3.9 | 10:14 | 5.4 | 3:34  | -0.6 | 3:31  | -0.8 | 5:40  | 8:21 |    |
| 7    | Sat | 10:38 | 3.9 | 11:07 | 5.2 | 4:26  | -0.6 | 4:25  | -0.8 | 5:40  | 8:21 |    |
| 8    | Sun | 11:32 | 3.9 | 11:59 | 5.0 | 5:18  | -0.6 | 5:21  | -0.6 | 5:40  | 8:22 |    |
| 9    | Mon |       |     | 12:27 | 3.8 | 6:12  | -0.5 | 6:19  | -0.4 | 5:40  | 8:22 |    |
| 10   | Tue | 12:53 | 4.6 | 1:25  | 3.8 | 7:07  | -0.4 | 7:21  | -0.1 | 5:40  | 8:23 |    |
| 11   | Wed | 1:48  | 4.2 | 2:25  | 3.7 | 8:02  | -0.2 | 8:25  | 0.2  | 5:40  | 8:23 |    |
| 12   | Thu | 2:45  | 3.8 | 3:28  | 3.8 | 8:56  | -0.1 | 9:29  | 0.3  | 5:40  | 8:24 |   |
| 13   | Fri | 3:45  | 3.5 | 4:31  | 3.8 | 9:49  | 0.0  | 10:35 | 0.4  | 5:40  | 8:24 |  |
| 14   | Sat | 4:45  | 3.2 | 5:29  | 3.9 | 10:41 | 0.1  | 11:38 | 0.5  | 5:40  | 8:25 |  |
| 15   | Sun | 5:41  | 3.1 | 6:20  | 4.0 | 11:32 | 0.1  |       |      | 5:40  | 8:25 |  |
| 16   | Mon | 6:32  | 3.0 | 7:06  | 4.1 | 12:36 | 0.4  | 12:21 | 0.1  | 5:40  | 8:25 |  |
| 17   | Tue | 7:18  | 3.0 | 7:49  | 4.2 | 1:26  | 0.4  | 1:06  | 0.1  | 5:40  | 8:26 |  |
| 18   | Wed | 8:02  | 3.1 | 8:30  | 4.3 | 2:09  | 0.3  | 1:49  | 0.1  | 5:40  | 8:26 |  |
| 19   | Thu | 8:44  | 3.1 | 9:11  | 4.3 | 2:47  | 0.3  | 2:30  | 0.1  | 5:40  | 8:26 |  |
| 20   | Fri | 9:26  | 3.2 | 9:52  | 4.4 | 3:24  | 0.3  | 3:10  | 0.1  | 5:40  | 8:27 |  |
| 21   | Sat | 10:08 | 3.3 | 10:32 | 4.3 | 4:01  | 0.3  | 3:50  | 0.2  | 5:41  | 8:27 |  |
| 22   | Sun | 10:50 | 3.3 | 11:12 | 4.2 | 4:39  | 0.3  | 4:31  | 0.3  | 5:41  | 8:27 |  |
| 23   | Mon | 11:32 | 3.3 | 11:51 | 4.1 | 5:17  | 0.4  | 5:13  | 0.5  | 5:41  | 8:27 |  |
| 24   | Tue |       |     | 12:14 | 3.4 | 5:56  | 0.5  | 5:57  | 0.6  | 5:41  | 8:27 |  |
| 25   | Wed | 12:31 | 4.0 | 12:57 | 3.4 | 6:37  | 0.6  | 6:45  | 0.8  | 5:42  | 8:28 |  |
| 26   | Thu | 1:12  | 3.8 | 1:43  | 3.5 | 7:19  | 0.6  | 7:36  | 0.9  | 5:42  | 8:28 |  |
| 27   | Fri | 1:57  | 3.6 | 2:34  | 3.6 | 8:04  | 0.6  | 8:32  | 0.9  | 5:42  | 8:28 |  |
| 28   | Sat | 2:48  | 3.5 | 3:29  | 3.8 | 8:51  | 0.5  | 9:30  | 0.9  | 5:43  | 8:28 |  |
| 29   | Sun | 3:44  | 3.4 | 4:26  | 4.1 | 9:42  | 0.3  | 10:31 | 0.7  | 5:43  | 8:28 |  |
| 30   | Mon | 4:43  | 3.4 | 5:24  | 4.4 | 10:36 | 0.2  | 11:32 | 0.5  | 5:44  | 8:28 |  |