

































Metompkin Inlet, VA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:57	3.8	11:22	4.8	4:44	-0.8	4:45	-0.6	6:06	7:52	
2	Mon	11:47	3.6			5:35	-0.5	5:36	-0.3	6:04	7:53	
3	Tue	12:12	4.5	12:37	3.4	6:28	-0.2	6:29	0.0	6:03	7:54	
4	Wed	1:03	4.2	1:30	3.2	7:23	0.1	7:25	0.3	6:02	7:55	
5	Thu	1:56	3.9	2:26	3.1	8:17	0.4	8:23	0.6	6:01	7:56	
6	Fri	2:52	3.6	3:26	3.1	9:10	0.6	9:22	0.7	6:00	7:57	
7	Sat	3:51	3.4	4:25	3.1	10:02	0.7	10:20	0.8	5:59	7:58	
8	Sun	4:48	3.3	5:20	3.3	10:50	0.7	11:16	0.8	5:58	7:59	
9	Mon	5:39	3.3	6:07	3.6	11:35	0.6			5:57	8:00	
10	Tue	6:25	3.4	6:50	3.8	12:08	0.7	12:17	0.5	5:56	8:00	
11	Wed	7:09	3.4	7:32	4.1	12:55	0.5	12:58	0.4	5:55	8:01	
12	Thu	7:50	3.5	8:12	4.3	1:38	0.4	1:38	0.3	5:54	8:02	
13	Fri	8:32	3.5	8:53	4.4	2:19	0.2	2:17	0.2	5:53	8:03	
14	Sat	9:13	3.6	9:34	4.6	2:59	0.2	2:56	0.1	5:53	8:04	
15	Sun	9:55	3.6	10:16	4.6	3:40	0.1	3:36	0.1	5:52	8:05	
16	Mon	10:37	3.6	10:58	4.6	4:22	0.1	4:18	0.2	5:51	8:06	
17	Tue	11:21	3.5	11:42	4.6	5:06	0.2	5:02	0.2	5:50	8:07	
18	Wed			12:06	3.5	5:52	0.2	5:51	0.3	5:49	8:07	
19	Thu	12:29	4.5	12:55	3.5	6:42	0.3	6:45	0.4	5:49	8:08	
20	Fri	1:19	4.3	1:49	3.5	7:34	0.3	7:44	0.4	5:48	8:09	
21	Sat	2:13	4.2	2:49	3.6	8:29	0.2	8:46	0.4	5:47	8:10	
22	Sun	3:13	4.0	3:52	3.8	9:24	0.1	9:50	0.3	5:47	8:11	
23	Mon	4:15	3.9	4:54	4.1	10:20	-0.1	10:55	0.1	5:46	8:11	
24	Tue	5:16	3.9	5:53	4.4	11:15	-0.2	11:58	-0.1	5:45	8:12	
25	Wed	6:14	3.8	6:48	4.7			12:10	-0.4	5:45	8:13	
26	Thu	7:09	3.8	7:41	4.9	12:59	-0.3	1:04	-0.6	5:44	8:14	
27	Fri	8:03	3.8	8:33	5.0	1:55	-0.5	1:55	-0.7	5:44	8:15	
28	Sat	8:55	3.8	9:23	5.0	2:47	-0.6	2:45	-0.8	5:43	8:15	
29	Sun	9:45	3.7	10:13	4.9	3:37	-0.6	3:33	-0.7	5:43	8:16	
30	Mon	10:35	3.6	11:01	4.7	4:26	-0.5	4:22	-0.5	5:42	8:17	
31	Tue	11:24	3.5	11:48	4.5	5:14	-0.3	5:10	-0.2	5:42	8:17	