
































## Metompkin Inlet, VA - Sep 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:47	3.3	2:22	3.9	7:42	1.0	8:29	1.3	6:33	7:31	
2	Fri	2:39	3.2	3:18	4.0	8:34	1.0	9:26	1.3	6:33	7:29	
3	Sat	3:37	3.2	4:18	4.1	9:30	1.0	10:24	1.2	6:34	7:28	
4	Sun	4:38	3.4	5:16	4.3	10:28	0.8	11:22	1.0	6:35	7:26	
5	Mon	5:36	3.6	6:11	4.6	11:26	0.5			6:36	7:25	
6	Tue	6:31	3.9	7:03	4.8	12:16	0.6	12:24	0.2	6:37	7:23	
7	Wed	7:23	4.3	7:53	5.0	1:07	0.2	1:19	-0.2	6:38	7:22	
8	Thu	8:14	4.6	8:42	5.1	1:56	-0.1	2:12	-0.5	6:38	7:20	
9	Fri	9:05	4.9	9:31	5.1	2:43	-0.4	3:04	-0.7	6:39	7:19	
10	Sat	9:56	5.1	10:21	4.9	3:30	-0.6	3:56	-0.7	6:40	7:17	
11	Sun	10:47	5.2	11:11	4.7	4:17	-0.6	4:49	-0.6	6:41	7:16	
12	Mon	11:39	5.1			5:06	-0.5	5:44	-0.3	6:42	7:14	
13	Tue	12:01	4.3	12:32	5.0	5:57	-0.3	6:43	0.0	6:43	7:13	
14	Wed	12:54	4.0	1:29	4.7	6:52	-0.1	7:45	0.3	6:43	7:11	
15	Thu	1:51	3.6	2:30	4.4	7:51	0.2	8:49	0.6	6:44	7:10	
16	Fri	2:54	3.4	3:37	4.2	8:52	0.4	9:56	0.7	6:45	7:08	
17	Sat	4:03	3.2	4:46	4.1	9:56	0.5	11:01	0.8	6:46	7:06	
18	Sun	5:11	3.3	5:48	4.1	10:59	0.6			6:47	7:05	
19	Mon	6:09	3.4	6:39	4.1	12:00	0.7	11:58 AM	0.5	6:48	7:03	
20	Tue	6:56	3.6	7:22	4.1	12:48	0.6	12:50	0.4	6:48	7:02	
21	Wed	7:37	3.8	8:00	4.2	1:28	0.5	1:35	0.3	6:49	7:00	
22	Thu	8:17	4.0	8:38	4.2	2:03	0.4	2:16	0.3	6:50	6:59	
23	Fri	8:55	4.2	9:15	4.2	2:36	0.4	2:54	0.3	6:51	6:57	
24	Sat	9:34	4.3	9:53	4.1	3:10	0.4	3:32	0.3	6:52	6:56	
25	Sun	10:12	4.4	10:31	4.0	3:44	0.4	4:10	0.4	6:53	6:54	
26	Mon	10:52	4.4	11:10	3.9	4:19	0.5	4:49	0.6	6:54	6:52	
27	Tue	11:31	4.3	11:49	3.7	4:56	0.6	5:31	0.8	6:54	6:51	
28	Wed			12:12	4.3	5:35	0.8	6:16	1.0	6:55	6:49	
29	Thu	12:30	3.5	12:57	4.2	6:18	1.0	7:05	1.2	6:56	6:48	
30	Fri	1:15	3.4	1:46	4.1	7:06	1.1	7:58	1.3	6:57	6:46	