
































Metompkin Inlet, VA - Nov 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:43	3.6	4:11	4.2	9:37	0.7	10:19	0.5	7:28	6:03	
2	Wed	4:45	3.9	5:11	4.3	10:40	0.5	11:14	0.2	7:29	6:02	
3	Thu	5:44	4.3	6:07	4.4	11:42	0.1			7:30	6:01	
4	Fri	6:39	4.7	7:01	4.4	12:07	-0.2	12:42	-0.2	7:31	6:00	
5	Sat	7:32	5.1	7:54	4.4	12:59	-0.5	1:39	-0.5	7:32	5:59	
6	Sun	7:24	5.3	7:46	4.3	1:50	-0.8	1:33	-0.7	6:33	4:58	
7	Mon	8:15	5.4	8:37	4.2	1:39	-0.9	2:25	-0.7	6:34	4:57	
8	Tue	9:07	5.4	9:28	4.0	2:28	-0.9	3:17	-0.6	6:35	4:56	
9	Wed	9:58	5.2	10:20	3.8	3:18	-0.7	4:10	-0.4	6:36	4:55	
10	Thu	10:50	4.9	11:12	3.6	4:10	-0.5	5:04	-0.2	6:37	4:55	
11	Fri	11:42	4.6			5:03	-0.1	6:00	0.1	6:38	4:54	
12	Sat	12:06	3.4	12:36	4.2	6:00	0.2	6:57	0.4	6:39	4:53	
13	Sun	1:04	3.2	1:32	3.9	7:00	0.5	7:54	0.5	6:40	4:52	
14	Mon	2:06	3.2	2:31	3.6	8:01	0.7	8:48	0.6	6:41	4:51	
15	Tue	3:09	3.2	3:30	3.5	9:02	0.8	9:38	0.6	6:42	4:51	
16	Wed	4:07	3.4	4:23	3.4	10:01	0.8	10:23	0.6	6:43	4:50	
17	Thu	4:56	3.6	5:09	3.4	10:55	0.8	11:05	0.5	6:44	4:49	
18	Fri	5:39	3.8	5:52	3.4	11:42	0.6	11:45	0.4	6:46	4:49	
19	Sat	6:20	4.0	6:33	3.5			12:25	0.5	6:47	4:48	
20	Sun	6:59	4.2	7:14	3.5	12:24	0.3	1:05	0.4	6:48	4:48	
21	Mon	7:39	4.4	7:55	3.6	1:02	0.2	1:45	0.3	6:49	4:47	
22	Tue	8:20	4.5	8:36	3.5	1:40	0.1	2:24	0.3	6:50	4:47	
23	Wed	9:00	4.6	9:17	3.5	2:19	0.1	3:04	0.3	6:51	4:46	
24	Thu	9:41	4.6	9:59	3.5	2:59	0.1	3:46	0.3	6:52	4:46	
25	Fri	10:23	4.5	10:42	3.4	3:41	0.2	4:30	0.4	6:53	4:45	
26	Sat	11:07	4.4	11:29	3.4	4:26	0.3	5:17	0.4	6:54	4:45	
27	Sun	11:54	4.3			5:16	0.4	6:08	0.4	6:55	4:45	
28	Mon	12:20	3.4	12:45	4.2	6:12	0.5	7:00	0.4	6:56	4:44	
29	Tue	1:17	3.5	1:41	4.0	7:13	0.5	7:54	0.2	6:57	4:44	
30	Wed	2:19	3.6	2:41	3.9	8:16	0.4	8:49	0.0	6:58	4:44	