

































## Metompkin Inlet, VA - Apr 2023

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 1:32  | 3.6 | 1:52  | 2.7 | 7:48  | 1.0  | 7:39  | 0.9  | 6:47  | 7:25 |    |
| 2    | Thu | 2:27  | 3.6 | 2:48  | 2.6 | 8:44  | 1.1  | 8:37  | 0.9  | 6:45  | 7:25 |    |
| 3    | Fri | 3:29  | 3.6 | 3:51  | 2.7 | 9:42  | 1.1  | 9:39  | 0.8  | 6:44  | 7:26 |    |
| 4    | Sat | 4:32  | 3.7 | 4:54  | 2.9 | 10:41 | 1.0  | 10:41 | 0.6  | 6:42  | 7:27 |    |
| 5    | Sun | 5:31  | 3.9 | 5:51  | 3.3 | 11:35 | 0.7  | 11:42 | 0.2  | 6:41  | 7:28 |    |
| 6    | Mon | 6:24  | 4.1 | 6:44  | 3.7 |       |      | 12:26 | 0.3  | 6:39  | 7:29 |    |
| 7    | Tue | 7:14  | 4.2 | 7:34  | 4.2 | 12:40 | -0.1 | 1:13  | -0.1 | 6:38  | 7:30 |    |
| 8    | Wed | 8:02  | 4.3 | 8:22  | 4.6 | 1:34  | -0.5 | 1:57  | -0.4 | 6:36  | 7:31 |    |
| 9    | Thu | 8:50  | 4.3 | 9:11  | 4.9 | 2:27  | -0.8 | 2:42  | -0.6 | 6:35  | 7:32 |    |
| 10   | Fri | 9:38  | 4.2 | 10:01 | 5.1 | 3:18  | -0.9 | 3:26  | -0.8 | 6:34  | 7:33 |    |
| 11   | Sat | 10:26 | 4.0 | 10:51 | 5.1 | 4:10  | -0.9 | 4:12  | -0.7 | 6:32  | 7:34 |    |
| 12   | Sun | 11:16 | 3.7 | 11:43 | 5.0 | 5:03  | -0.7 | 5:01  | -0.6 | 6:31  | 7:35 |   |
| 13   | Mon |       |     | 12:07 | 3.4 | 5:59  | -0.4 | 5:54  | -0.3 | 6:29  | 7:35 |  |
| 14   | Tue | 12:37 | 4.7 | 1:01  | 3.2 | 6:58  | -0.1 | 6:52  | -0.1 | 6:28  | 7:36 |  |
| 15   | Wed | 1:36  | 4.4 | 2:01  | 2.9 | 8:02  | 0.2  | 7:55  | 0.2  | 6:26  | 7:37 |  |
| 16   | Thu | 2:41  | 4.0 | 3:10  | 2.8 | 9:08  | 0.5  | 9:03  | 0.4  | 6:25  | 7:38 |  |
| 17   | Fri | 3:53  | 3.8 | 4:24  | 2.8 | 10:15 | 0.6  | 10:12 | 0.4  | 6:24  | 7:39 |  |
| 18   | Sat | 5:04  | 3.7 | 5:32  | 3.0 | 11:16 | 0.5  | 11:19 | 0.4  | 6:22  | 7:40 |  |
| 19   | Sun | 6:03  | 3.6 | 6:25  | 3.3 |       |      | 12:08 | 0.5  | 6:21  | 7:41 |  |
| 20   | Mon | 6:51  | 3.6 | 7:09  | 3.5 | 12:19 | 0.3  | 12:50 | 0.4  | 6:20  | 7:42 |  |
| 21   | Tue | 7:31  | 3.6 | 7:47  | 3.8 | 1:10  | 0.2  | 1:26  | 0.3  | 6:18  | 7:43 |  |
| 22   | Wed | 8:08  | 3.5 | 8:24  | 4.0 | 1:54  | 0.1  | 1:59  | 0.2  | 6:17  | 7:44 |  |
| 23   | Thu | 8:45  | 3.5 | 9:01  | 4.2 | 2:33  | 0.0  | 2:32  | 0.2  | 6:16  | 7:45 |  |
| 24   | Fri | 9:22  | 3.4 | 9:38  | 4.3 | 3:10  | 0.0  | 3:05  | 0.2  | 6:14  | 7:46 |  |
| 25   | Sat | 10:00 | 3.3 | 10:17 | 4.3 | 3:47  | 0.1  | 3:39  | 0.3  | 6:13  | 7:46 |  |
| 26   | Sun | 10:38 | 3.2 | 10:56 | 4.2 | 4:25  | 0.2  | 4:14  | 0.4  | 6:12  | 7:47 |  |
| 27   | Mon | 11:17 | 3.1 | 11:36 | 4.1 | 5:04  | 0.4  | 4:52  | 0.5  | 6:11  | 7:48 |  |
| 28   | Tue | 11:57 | 3.0 |       |     | 5:46  | 0.6  | 5:32  | 0.7  | 6:10  | 7:49 |  |
| 29   | Wed | 12:19 | 4.0 | 12:39 | 2.9 | 6:32  | 0.8  | 6:18  | 0.8  | 6:08  | 7:50 |  |
| 30   | Thu | 1:05  | 3.9 | 1:26  | 2.8 | 7:22  | 1.0  | 7:10  | 0.9  | 6:07  | 7:51 |  |