
































Metompkin Inlet, VA - Jun 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:19	4.5	1:49	3.4	7:39	0.0	7:43	0.1	5:42	8:18	
2	Thu	2:17	4.1	2:53	3.4	8:35	0.1	8:49	0.3	5:41	8:19	
3	Fri	3:17	3.7	3:59	3.5	9:28	0.2	9:55	0.5	5:41	8:20	
4	Sat	4:17	3.4	5:00	3.7	10:19	0.2	11:01	0.5	5:41	8:20	
5	Sun	5:14	3.2	5:53	3.9	11:07	0.3			5:40	8:21	
6	Mon	6:06	3.1	6:39	4.0	12:03	0.5	11:53 AM	0.3	5:40	8:21	
7	Tue	6:52	3.0	7:21	4.2	12:58	0.4	12:37	0.3	5:40	8:22	
8	Wed	7:35	3.0	8:02	4.3	1:44	0.4	1:19	0.3	5:40	8:22	
9	Thu	8:17	3.0	8:43	4.3	2:25	0.4	2:00	0.2	5:40	8:23	
10	Fri	8:59	3.0	9:24	4.3	3:03	0.4	2:40	0.2	5:40	8:23	
11	Sat	9:41	3.0	10:06	4.3	3:41	0.4	3:19	0.3	5:40	8:24	
12	Sun	10:22	3.0	10:48	4.3	4:18	0.5	3:59	0.3	5:40	8:24	
13	Mon	11:04	3.0	11:28	4.2	4:57	0.6	4:40	0.4	5:40	8:25	
14	Tue	11:46	3.1			5:38	0.6	5:23	0.6	5:40	8:25	
15	Wed	12:09	4.1	12:29	3.1	6:19	0.7	6:09	0.7	5:40	8:25	
16	Thu	12:50	4.0	1:14	3.2	7:01	0.7	7:00	0.8	5:40	8:26	
17	Fri	1:33	3.8	2:03	3.3	7:44	0.7	7:54	0.9	5:40	8:26	
18	Sat	2:19	3.6	2:56	3.5	8:28	0.6	8:52	0.9	5:40	8:26	
19	Sun	3:11	3.5	3:52	3.8	9:14	0.5	9:52	0.8	5:40	8:27	
20	Mon	4:08	3.4	4:48	4.1	10:03	0.3	10:54	0.6	5:41	8:27	
21	Tue	5:06	3.3	5:44	4.5	10:56	0.1	11:56	0.4	5:41	8:27	
22	Wed	6:03	3.3	6:40	4.8	11:51	-0.1			5:41	8:27	
23	Thu	6:59	3.4	7:35	5.1	12:57	0.1	12:47	-0.3	5:41	8:27	
24	Fri	7:55	3.4	8:30	5.3	1:54	-0.2	1:42	-0.6	5:42	8:28	
25	Sat	8:50	3.5	9:25	5.4	2:49	-0.3	2:37	-0.7	5:42	8:28	
26	Sun	9:46	3.6	10:20	5.3	3:42	-0.4	3:32	-0.8	5:42	8:28	
27	Mon	10:41	3.6	11:13	5.1	4:34	-0.5	4:27	-0.7	5:43	8:28	
28	Tue	11:36	3.7			5:26	-0.4	5:24	-0.5	5:43	8:28	
29	Wed	12:05	4.8	12:31	3.7	6:18	-0.3	6:23	-0.2	5:44	8:28	
30	Thu	12:56	4.4	1:27	3.7	7:09	-0.2	7:24	0.1	5:44	8:28	