



## Metompkin Inlet, VA - Jun 2025

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |  |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise  | Set  | Moon  |
| 1    | Thu | 10:15 | 3.1 | 10:41 | 4.4 | 4:14  | 0.2  | 3:56     | 0.1  | 5:42  | 8:18 | ☉   |
| 2    | Fri | 10:58 | 3.0 | 11:24 | 4.2 | 4:56  | 0.3  | 4:38     | 0.2  | 5:41  | 8:19 | ☉   |
| 3    | Sat | 11:42 | 3.0 |       |     | 5:38  | 0.5  | 5:22     | 0.4  | 5:41  | 8:19 | ☉   |
| 4    | Sun | 12:07 | 4.1 | 12:26 | 3.0 | 6:21  | 0.6  | 6:09     | 0.6  | 5:41  | 8:20 | ☾   |
| 5    | Mon | 12:50 | 3.9 | 1:12  | 3.0 | 7:04  | 0.8  | 6:59     | 0.8  | 5:41  | 8:21 | ☾   |
| 6    | Tue | 1:35  | 3.7 | 2:02  | 3.1 | 7:47  | 0.8  | 7:51     | 1.0  | 5:40  | 8:21 | ☾   |
| 7    | Wed | 2:21  | 3.5 | 2:54  | 3.2 | 8:30  | 0.9  | 8:46     | 1.1  | 5:40  | 8:22 | ☾   |
| 8    | Thu | 3:11  | 3.3 | 3:48  | 3.4 | 9:13  | 0.8  | 9:42     | 1.0  | 5:40  | 8:22 | ☾   |
| 9    | Fri | 4:03  | 3.2 | 4:41  | 3.7 | 9:58  | 0.7  | 10:39    | 0.9  | 5:40  | 8:23 | ☾   |
| 10   | Sat | 4:56  | 3.2 | 5:32  | 4.0 | 10:44 | 0.6  | 11:36    | 0.8  | 5:40  | 8:23 | ☾   |
| 11   | Sun | 5:48  | 3.2 | 6:21  | 4.3 | 11:33 | 0.4  |          |      | 5:40  | 8:24 | ☾   |
| 12   | Mon | 6:39  | 3.3 | 7:10  | 4.7 | 12:32 | 0.5  | 12:23    | 0.2  | 5:40  | 8:24 | ☾   |
| 13   | Tue | 7:29  | 3.3 | 8:00  | 4.9 | 1:25  | 0.3  | 1:14     | -0.1 | 5:40  | 8:25 | ☾   |
| 14   | Wed | 8:20  | 3.4 | 8:51  | 5.1 | 2:17  | 0.0  | 2:05     | -0.3 | 5:40  | 8:25 | ☾   |
| 15   | Thu | 9:11  | 3.5 | 9:43  | 5.2 | 3:07  | -0.1 | 2:55     | -0.5 | 5:40  | 8:25 | ☾   |
| 16   | Fri | 10:04 | 3.5 | 10:35 | 5.2 | 3:57  | -0.3 | 3:47     | -0.5 | 5:40  | 8:26 | ☾   |
| 17   | Sat | 10:57 | 3.6 | 11:27 | 5.1 | 4:48  | -0.3 | 4:41     | -0.5 | 5:40  | 8:26 | ☾   |
| 18   | Sun | 11:51 | 3.7 |       |     | 5:40  | -0.3 | 5:38     | -0.4 | 5:40  | 8:26 | ☾   |
| 19   | Mon | 12:19 | 4.8 | 12:46 | 3.7 | 6:32  | -0.2 | 6:38     | -0.1 | 5:40  | 8:27 | ☾   |
| 20   | Tue | 1:11  | 4.5 | 1:44  | 3.7 | 7:25  | -0.2 | 7:41     | 0.1  | 5:41  | 8:27 | ☾   |
| 21   | Wed | 2:06  | 4.0 | 2:45  | 3.8 | 8:18  | -0.1 | 8:46     | 0.3  | 5:41  | 8:27 | ☾   |
| 22   | Thu | 3:03  | 3.6 | 3:48  | 3.9 | 9:10  | 0.0  | 9:53     | 0.4  | 5:41  | 8:27 | ☾   |
| 23   | Fri | 4:03  | 3.3 | 4:50  | 4.0 | 10:02 | 0.0  | 11:00    | 0.5  | 5:41  | 8:27 | ☾   |
| 24   | Sat | 5:03  | 3.1 | 5:47  | 4.2 | 10:54 | 0.1  |          |      | 5:42  | 8:28 | ☾   |
| 25   | Sun | 6:00  | 2.9 | 6:39  | 4.3 | 12:04 | 0.5  | 11:46 AM | 0.1  | 5:42  | 8:28 | ☉   |
| 26   | Mon | 6:52  | 2.9 | 7:27  | 4.3 | 1:03  | 0.4  | 12:36    | 0.1  | 5:42  | 8:28 | ☉   |
| 27   | Tue | 7:40  | 2.9 | 8:12  | 4.4 | 1:53  | 0.3  | 1:25     | 0.1  | 5:43  | 8:28 | ☉   |
| 28   | Wed | 8:25  | 2.9 | 8:56  | 4.4 | 2:36  | 0.3  | 2:10     | 0.1  | 5:43  | 8:28 | ☉   |
| 29   | Thu | 9:08  | 3.0 | 9:38  | 4.4 | 3:16  | 0.3  | 2:52     | 0.1  | 5:43  | 8:28 | ☉   |
| 30   | Fri | 9:51  | 3.1 | 10:19 | 4.3 | 3:53  | 0.4  | 3:34     | 0.1  | 5:44  | 8:28 | ☉   |