
































## Metompkin Inlet, VA - Nov 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:36	3.2	2:13	4.4	7:29	0.6	8:35	0.8	7:28	6:03	
2	Thu	2:41	3.2	3:17	4.3	8:35	0.6	9:35	0.6	7:29	6:02	
3	Fri	3:51	3.4	4:22	4.2	9:43	0.5	10:31	0.4	7:30	6:01	
4	Sat	4:57	3.8	5:22	4.1	10:51	0.4	11:25	0.2	7:31	6:00	
5	Sun	4:56	4.2	5:18	4.0	10:56	0.2	11:15	-0.1	6:32	4:59	
6	Mon	5:49	4.5	6:09	4.0	11:55	-0.1			6:33	4:58	
7	Tue	6:39	4.8	6:58	3.8	12:03	-0.3	12:50	-0.2	6:34	4:57	
8	Wed	7:26	5.0	7:45	3.7	12:49	-0.4	1:41	-0.3	6:35	4:56	
9	Thu	8:13	5.0	8:31	3.6	1:33	-0.4	2:28	-0.2	6:36	4:55	
10	Fri	9:00	5.0	9:17	3.4	2:17	-0.4	3:15	-0.1	6:37	4:55	
11	Sat	9:46	4.8	10:03	3.3	3:01	-0.2	4:01	0.2	6:38	4:54	
12	Sun	10:32	4.5	10:49	3.1	3:46	0.1	4:49	0.4	6:39	4:53	
13	Mon	11:19	4.3	11:36	3.0	4:33	0.3	5:39	0.7	6:40	4:52	
14	Tue			12:08	4.0	5:23	0.6	6:30	0.9	6:41	4:51	
15	Wed	12:27	2.9	12:59	3.8	6:17	0.8	7:21	1.0	6:42	4:51	
16	Thu	1:22	2.9	1:52	3.6	7:13	1.0	8:09	1.1	6:44	4:50	
17	Fri	2:21	2.9	2:47	3.4	8:11	1.1	8:55	1.0	6:45	4:49	
18	Sat	3:20	3.1	3:40	3.4	9:08	1.1	9:38	0.9	6:46	4:49	
19	Sun	4:12	3.4	4:29	3.4	10:04	1.0	10:21	0.7	6:47	4:48	
20	Mon	4:59	3.7	5:14	3.4	10:57	0.8	11:03	0.6	6:48	4:48	
21	Tue	5:43	4.1	5:58	3.4	11:47	0.6	11:45	0.4	6:49	4:47	
22	Wed	6:26	4.4	6:42	3.5			12:33	0.4	6:50	4:46	
23	Thu	7:09	4.6	7:25	3.5	12:27	0.2	1:19	0.3	6:51	4:46	
24	Fri	7:53	4.8	8:10	3.5	1:10	0.0	2:04	0.1	6:52	4:46	
25	Sat	8:39	4.9	8:56	3.4	1:53	-0.1	2:50	0.1	6:53	4:45	
26	Sun	9:26	4.9	9:43	3.4	2:38	-0.2	3:38	0.1	6:54	4:45	
27	Mon	10:15	4.9	10:33	3.3	3:26	-0.2	4:28	0.1	6:55	4:44	
28	Tue	11:06	4.8	11:27	3.3	4:18	-0.1	5:22	0.2	6:56	4:44	
29	Wed	11:59	4.5			5:15	0.0	6:17	0.2	6:57	4:44	
30	Thu	12:25	3.3	12:54	4.2	6:18	0.2	7:12	0.2	6:58	4:44	