































## Metompkin Inlet, VA - Dec 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:27	3.4	1:54	4.0	7:23	0.3	8:07	0.1	6:59	4:44	
2	Sat	2:33	3.6	2:56	3.7	8:31	0.3	9:01	0.0	7:00	4:43	
3	Sun	3:38	3.8	3:57	3.5	9:38	0.3	9:54	-0.1	7:01	4:43	
4	Mon	4:38	4.1	4:54	3.3	10:44	0.2	10:46	-0.2	7:01	4:43	
5	Tue	5:32	4.3	5:47	3.2	11:46	0.0	11:37	-0.3	7:02	4:43	
6	Wed	6:22	4.5	6:37	3.2			12:40	-0.1	7:03	4:43	
7	Thu	7:10	4.6	7:24	3.1	12:25	-0.4	1:30	-0.2	7:04	4:43	
8	Fri	7:56	4.6	8:10	3.1	1:12	-0.4	2:15	-0.1	7:05	4:43	
9	Sat	8:42	4.6	8:55	3.1	1:56	-0.4	2:58	-0.1	7:06	4:43	
10	Sun	9:26	4.4	9:39	3.0	2:40	-0.3	3:40	0.1	7:06	4:43	
11	Mon	10:10	4.3	10:23	3.0	3:23	-0.2	4:23	0.2	7:07	4:44	
12	Tue	10:52	4.1	11:08	2.9	4:07	0.0	5:05	0.4	7:08	4:44	
13	Wed	11:35	3.9	11:54	2.9	4:52	0.3	5:48	0.5	7:09	4:44	
14	Thu			12:18	3.6	5:41	0.5	6:31	0.6	7:09	4:44	
15	Fri	12:42	2.9	1:04	3.4	6:33	0.7	7:14	0.7	7:10	4:45	
16	Sat	1:34	3.0	1:52	3.2	7:27	0.9	7:57	0.7	7:11	4:45	
17	Sun	2:29	3.1	2:44	3.0	8:23	0.9	8:42	0.6	7:11	4:45	
18	Mon	3:23	3.3	3:37	2.9	9:20	0.9	9:28	0.5	7:12	4:46	
19	Tue	4:16	3.6	4:29	2.9	10:17	0.8	10:16	0.3	7:12	4:46	
20	Wed	5:06	3.9	5:20	3.0	11:13	0.6	11:05	0.1	7:13	4:46	
21	Thu	5:55	4.2	6:09	3.1			12:06	0.4	7:13	4:47	
22	Fri	6:43	4.5	6:58	3.2			12:56	0.1	7:14	4:47	
23	Sat	7:32	4.7	7:47	3.2	12:45	-0.4	1:45	-0.1	7:14	4:48	
24	Sun	8:22	4.9	8:37	3.3	1:34	-0.6	2:33	-0.3	7:15	4:49	
25	Mon	9:11	4.9	9:28	3.4	2:23	-0.8	3:21	-0.4	7:15	4:49	
26	Tue	10:01	4.9	10:20	3.5	3:14	-0.8	4:10	-0.4	7:15	4:50	
27	Wed	10:50	4.7	11:13	3.5	4:08	-0.7	5:01	-0.4	7:16	4:51	
28	Thu	11:41	4.4			5:05	-0.5	5:52	-0.4	7:16	4:51	
29	Fri	12:08	3.6	12:33	4.0	6:05	-0.3	6:44	-0.4	7:16	4:52	
30	Sat	1:07	3.6	1:28	3.5	7:09	-0.1	7:36	-0.3	7:17	4:53	
31	Sun	2:10	3.7	2:28	3.2	8:15	0.1	8:27	-0.3	7:17	4:53	