
































## Metompkin Inlet, VA - Sep 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:14	4.4	11:33	4.3	4:46	0.3	5:08	0.4	6:33	7:31	
2	Tue	11:57	4.4			5:27	0.3	5:57	0.5	6:34	7:29	
3	Wed	12:16	4.1	12:44	4.5	6:12	0.4	6:50	0.6	6:34	7:28	
4	Thu	1:03	3.9	1:36	4.4	7:02	0.5	7:48	0.7	6:35	7:26	
5	Fri	1:56	3.7	2:35	4.4	7:57	0.5	8:49	0.8	6:36	7:25	
6	Sat	2:57	3.5	3:39	4.5	8:56	0.5	9:53	0.7	6:37	7:23	
7	Sun	4:04	3.5	4:46	4.6	9:59	0.3	10:58	0.6	6:38	7:22	
8	Mon	5:10	3.6	5:48	4.7	11:03	0.2	11:59	0.3	6:39	7:20	
9	Tue	6:12	3.8	6:46	4.9			12:06	-0.1	6:39	7:19	
10	Wed	7:09	4.1	7:40	4.9	12:56	0.0	1:05	-0.4	6:40	7:17	
11	Thu	8:02	4.4	8:31	4.9	1:47	-0.2	2:00	-0.5	6:41	7:16	
12	Fri	8:53	4.6	9:19	4.8	2:35	-0.4	2:52	-0.6	6:42	7:14	
13	Sat	9:41	4.7	10:06	4.6	3:20	-0.5	3:41	-0.5	6:43	7:12	
14	Sun	10:29	4.7	10:51	4.4	4:03	-0.4	4:30	-0.4	6:44	7:11	
15	Mon	11:15	4.6	11:36	4.1	4:47	-0.2	5:18	-0.1	6:44	7:09	
16	Tue			12:01	4.5	5:31	0.0	6:08	0.3	6:45	7:08	
17	Wed	12:21	3.8	12:48	4.3	6:16	0.4	7:00	0.6	6:46	7:06	
18	Thu	1:07	3.5	1:37	4.1	7:04	0.6	7:53	1.0	6:47	7:05	
19	Fri	1:57	3.2	2:31	3.9	7:55	0.9	8:49	1.2	6:48	7:03	
20	Sat	2:53	3.1	3:30	3.8	8:48	1.1	9:46	1.3	6:49	7:02	
21	Sun	3:53	3.1	4:30	3.8	9:44	1.1	10:42	1.3	6:49	7:00	
22	Mon	4:52	3.2	5:26	3.9	10:39	1.1	11:33	1.2	6:50	6:58	
23	Tue	5:46	3.4	6:15	4.1	11:33	1.0			6:51	6:57	
24	Wed	6:33	3.6	6:59	4.2	12:19	1.0	12:23	0.8	6:52	6:55	
25	Thu	7:17	3.9	7:41	4.4	1:00	0.8	1:09	0.6	6:53	6:54	
26	Fri	7:59	4.2	8:22	4.5	1:39	0.6	1:53	0.4	6:54	6:52	
27	Sat	8:41	4.4	9:02	4.5	2:18	0.4	2:36	0.2	6:55	6:51	
28	Sun	9:22	4.7	9:43	4.5	2:56	0.2	3:19	0.1	6:55	6:49	
29	Mon	10:05	4.8	10:26	4.4	3:35	0.1	4:03	0.1	6:56	6:48	
30	Tue	10:49	4.9	11:09	4.3	4:16	0.1	4:50	0.2	6:57	6:46	