
































Metompkin Inlet, VA - Nov 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:30	3.8	1:01	4.8	6:22	0.1	7:19	0.3	7:28	6:03	
2	Sun	1:28	3.6	1:00	4.6	6:23	0.2	7:20	0.3	6:29	5:02	
3	Mon	1:31	3.5	2:04	4.3	7:28	0.3	8:22	0.3	6:30	5:01	
4	Tue	2:40	3.5	3:10	4.2	8:34	0.4	9:22	0.2	6:31	5:00	
5	Wed	3:48	3.7	4:13	4.1	9:41	0.3	10:19	0.1	6:32	4:59	
6	Thu	4:49	3.9	5:10	4.0	10:45	0.2	11:11	0.0	6:33	4:58	
7	Fri	5:42	4.2	6:01	4.0	11:44	0.0	11:59	-0.2	6:34	4:57	
8	Sat	6:30	4.4	6:47	3.9			12:36	-0.1	6:35	4:56	
9	Sun	7:14	4.5	7:31	3.8	12:43	-0.3	1:23	-0.2	6:36	4:55	
10	Mon	7:57	4.6	8:14	3.7	1:25	-0.3	2:07	-0.1	6:37	4:54	
11	Tue	8:39	4.6	8:56	3.6	2:05	-0.2	2:49	-0.1	6:38	4:54	
12	Wed	9:21	4.6	9:39	3.5	2:44	-0.1	3:30	0.1	6:39	4:53	
13	Thu	10:03	4.4	10:21	3.4	3:24	0.1	4:12	0.3	6:40	4:52	
14	Fri	10:45	4.3	11:05	3.2	4:05	0.3	4:56	0.5	6:41	4:51	
15	Sat	11:29	4.1	11:50	3.1	4:49	0.6	5:42	0.7	6:43	4:51	
16	Sun			12:15	3.9	5:36	0.8	6:29	0.9	6:44	4:50	
17	Mon	12:40	3.0	1:04	3.7	6:28	1.0	7:18	1.0	6:45	4:49	
18	Tue	1:33	3.0	1:57	3.6	7:22	1.1	8:07	1.0	6:46	4:49	
19	Wed	2:30	3.2	2:52	3.6	8:18	1.1	8:56	0.9	6:47	4:48	
20	Thu	3:27	3.4	3:45	3.6	9:14	1.0	9:44	0.7	6:48	4:47	
21	Fri	4:19	3.7	4:37	3.7	10:10	0.8	10:32	0.4	6:49	4:47	
22	Sat	5:09	4.0	5:26	3.8	11:05	0.5	11:19	0.1	6:50	4:46	
23	Sun	5:56	4.4	6:13	3.9	11:57	0.2			6:51	4:46	
24	Mon	6:43	4.8	7:01	4.0	12:06	-0.2	12:48	-0.1	6:52	4:46	
25	Tue	7:30	5.0	7:49	4.0	12:53	-0.4	1:38	-0.3	6:53	4:45	
26	Wed	8:19	5.2	8:39	4.0	1:40	-0.6	2:27	-0.5	6:54	4:45	
27	Thu	9:09	5.3	9:30	3.9	2:28	-0.7	3:18	-0.5	6:55	4:44	
28	Fri	10:00	5.2	10:22	3.8	3:18	-0.7	4:10	-0.5	6:56	4:44	
29	Sat	10:52	5.0	11:16	3.7	4:11	-0.6	5:05	-0.4	6:57	4:44	
30	Sun	11:46	4.7			5:08	-0.4	6:02	-0.3	6:58	4:44	