

































## Metompkin Inlet, VA - Dec 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:14	3.6	12:43	4.4	6:09	-0.2	7:00	-0.2	6:59	4:44	
2	Tue	1:16	3.5	1:43	4.0	7:13	0.0	7:59	-0.1	7:00	4:43	
3	Wed	2:22	3.5	2:46	3.8	8:19	0.2	8:56	-0.1	7:01	4:43	
4	Thu	3:29	3.6	3:49	3.5	9:25	0.2	9:52	-0.1	7:01	4:43	
5	Fri	4:31	3.8	4:46	3.4	10:30	0.2	10:44	-0.2	7:02	4:43	
6	Sat	5:25	3.9	5:38	3.3	11:30	0.1	11:33	-0.2	7:03	4:43	
7	Sun	6:12	4.1	6:24	3.3			12:23	0.0	7:04	4:43	
8	Mon	6:55	4.2	7:08	3.3	12:18	-0.3	1:08	-0.1	7:05	4:43	
9	Tue	7:36	4.3	7:50	3.2	12:59	-0.3	1:50	-0.1	7:06	4:43	
10	Wed	8:17	4.3	8:31	3.2	1:39	-0.3	2:29	-0.1	7:06	4:43	
11	Thu	8:58	4.3	9:13	3.2	2:18	-0.2	3:07	0.0	7:07	4:44	
12	Fri	9:39	4.2	9:55	3.2	2:58	-0.1	3:46	0.1	7:08	4:44	
13	Sat	10:19	4.1	10:37	3.1	3:38	0.0	4:26	0.3	7:09	4:44	
14	Sun	11:00	4.0	11:20	3.1	4:19	0.2	5:08	0.4	7:09	4:44	
15	Mon	11:42	3.8			5:04	0.4	5:51	0.5	7:10	4:45	
16	Tue	12:05	3.0	12:26	3.7	5:52	0.6	6:36	0.6	7:11	4:45	
17	Wed	12:54	3.0	1:13	3.5	6:43	0.7	7:22	0.6	7:11	4:45	
18	Thu	1:46	3.1	2:04	3.4	7:38	0.8	8:10	0.5	7:12	4:46	
19	Fri	2:42	3.3	2:59	3.3	8:35	0.8	8:59	0.3	7:12	4:46	
20	Sat	3:38	3.6	3:54	3.4	9:34	0.6	9:50	0.1	7:13	4:46	
21	Sun	4:33	3.9	4:49	3.4	10:33	0.4	10:43	-0.2	7:13	4:47	
22	Mon	5:25	4.3	5:42	3.5	11:30	0.0	11:35	-0.5	7:14	4:48	
23	Tue	6:17	4.7	6:34	3.6			12:25	-0.3	7:14	4:48	
24	Wed	7:08	4.9	7:27	3.7	12:27	-0.8	1:18	-0.6	7:15	4:49	
25	Thu	8:00	5.1	8:19	3.8	1:19	-1.1	2:10	-0.8	7:15	4:49	
26	Fri	8:52	5.2	9:12	3.8	2:10	-1.2	3:01	-0.9	7:15	4:50	
27	Sat	9:44	5.1	10:06	3.8	3:03	-1.2	3:53	-0.9	7:16	4:51	
28	Sun	10:36	4.9	11:00	3.7	3:56	-1.1	4:46	-0.8	7:16	4:51	
29	Mon	11:28	4.5	11:56	3.6	4:53	-0.9	5:40	-0.7	7:16	4:52	
30	Tue			12:21	4.1	5:52	-0.6	6:35	-0.6	7:17	4:53	
31	Wed	12:54	3.5	1:17	3.7	6:54	-0.3	7:30	-0.4	7:17	4:53	