
































Metompkin Inlet, VA - Jun 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:18	3.5	5:50	3.9	11:11	0.6	11:47	0.7	5:42	8:18	
2	Tue	6:07	3.5	6:37	4.2	11:58	0.4			5:41	8:19	
3	Wed	6:55	3.6	7:23	4.5	12:40	0.4	12:45	0.1	5:41	8:19	
4	Thu	7:43	3.7	8:10	4.8	1:30	0.1	1:32	-0.1	5:41	8:20	
5	Fri	8:31	3.8	8:57	5.0	2:19	-0.1	2:18	-0.3	5:41	8:21	
6	Sat	9:19	3.8	9:46	5.2	3:07	-0.3	3:06	-0.4	5:40	8:21	
7	Sun	10:09	3.8	10:36	5.2	3:56	-0.4	3:55	-0.5	5:40	8:22	
8	Mon	11:00	3.8	11:27	5.1	4:47	-0.4	4:46	-0.4	5:40	8:22	
9	Tue	11:53	3.8			5:39	-0.4	5:40	-0.3	5:40	8:23	
10	Wed	12:19	4.9	12:47	3.7	6:33	-0.3	6:39	-0.2	5:40	8:23	
11	Thu	1:13	4.6	1:45	3.7	7:29	-0.2	7:41	0.0	5:40	8:24	
12	Fri	2:10	4.3	2:47	3.7	8:25	-0.2	8:45	0.2	5:40	8:24	
13	Sat	3:10	4.0	3:52	3.8	9:21	-0.1	9:51	0.2	5:40	8:25	
14	Sun	4:12	3.7	4:55	3.9	10:17	-0.1	10:56	0.2	5:40	8:25	
15	Mon	5:13	3.5	5:53	4.1	11:11	-0.1			5:40	8:25	
16	Tue	6:09	3.4	6:45	4.3	12:00	0.2	12:03	-0.2	5:40	8:26	
17	Wed	7:00	3.3	7:32	4.4	12:58	0.1	12:52	-0.2	5:40	8:26	
18	Thu	7:48	3.3	8:17	4.5	1:49	0.0	1:38	-0.2	5:40	8:26	
19	Fri	8:34	3.3	9:00	4.5	2:34	-0.1	2:22	-0.2	5:40	8:27	
20	Sat	9:18	3.3	9:43	4.5	3:16	0.0	3:04	-0.1	5:40	8:27	
21	Sun	10:01	3.3	10:25	4.4	3:56	0.0	3:45	0.0	5:41	8:27	
22	Mon	10:44	3.3	11:06	4.3	4:36	0.1	4:26	0.1	5:41	8:27	
23	Tue	11:27	3.3	11:48	4.2	5:16	0.3	5:09	0.3	5:41	8:27	
24	Wed			12:10	3.2	5:56	0.4	5:53	0.5	5:42	8:28	
25	Thu	12:29	4.0	12:54	3.2	6:38	0.5	6:40	0.7	5:42	8:28	
26	Fri	1:12	3.8	1:41	3.3	7:21	0.6	7:30	0.9	5:42	8:28	
27	Sat	1:57	3.6	2:30	3.3	8:05	0.7	8:22	1.0	5:43	8:28	
28	Sun	2:46	3.5	3:23	3.5	8:51	0.7	9:17	1.0	5:43	8:28	
29	Mon	3:38	3.4	4:18	3.7	9:38	0.6	10:14	0.9	5:43	8:28	
30	Tue	4:33	3.4	5:11	4.0	10:27	0.5	11:11	0.8	5:44	8:28	