
































Metompkin Inlet, VA - Jun 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:25	4.4	1:57	3.5	7:43	0.2	7:50	0.3	5:42	8:18	
2	Wed	2:21	4.2	2:58	3.6	8:38	0.1	8:53	0.3	5:41	8:19	
3	Thu	3:22	4.1	4:01	3.8	9:34	0.0	9:58	0.3	5:41	8:19	
4	Fri	4:24	3.9	5:04	4.0	10:29	-0.1	11:03	0.1	5:41	8:20	
5	Sat	5:24	3.8	6:02	4.3	11:24	-0.3			5:41	8:20	
6	Sun	6:22	3.8	6:56	4.6	12:07	-0.1	12:18	-0.4	5:40	8:21	
7	Mon	7:16	3.7	7:47	4.8	1:07	-0.3	1:09	-0.6	5:40	8:22	
8	Tue	8:08	3.6	8:37	4.9	2:02	-0.4	1:59	-0.6	5:40	8:22	
9	Wed	8:58	3.6	9:26	4.9	2:53	-0.5	2:47	-0.6	5:40	8:23	
10	Thu	9:47	3.5	10:14	4.8	3:41	-0.5	3:33	-0.5	5:40	8:23	
11	Fri	10:35	3.4	11:00	4.6	4:28	-0.4	4:20	-0.3	5:40	8:24	
12	Sat	11:22	3.3	11:46	4.4	5:15	-0.2	5:07	-0.1	5:40	8:24	
13	Sun			12:09	3.2	6:01	0.1	5:55	0.2	5:40	8:24	
14	Mon	12:31	4.1	12:56	3.2	6:48	0.3	6:46	0.5	5:40	8:25	
15	Tue	1:18	3.9	1:46	3.1	7:35	0.5	7:38	0.7	5:40	8:25	
16	Wed	2:06	3.6	2:38	3.1	8:21	0.6	8:32	0.9	5:40	8:26	
17	Thu	2:57	3.4	3:33	3.2	9:06	0.7	9:27	1.0	5:40	8:26	
18	Fri	3:50	3.3	4:28	3.4	9:51	0.7	10:22	1.0	5:40	8:26	
19	Sat	4:43	3.2	5:19	3.6	10:37	0.7	11:16	0.9	5:40	8:27	
20	Sun	5:33	3.2	6:07	3.9	11:23	0.6			5:40	8:27	
21	Mon	6:22	3.3	6:52	4.2	12:09	0.8	12:09	0.4	5:41	8:27	
22	Tue	7:08	3.4	7:37	4.4	12:59	0.6	12:54	0.3	5:41	8:27	
23	Wed	7:54	3.4	8:21	4.7	1:46	0.4	1:40	0.1	5:41	8:27	
24	Thu	8:40	3.5	9:07	4.8	2:31	0.2	2:25	-0.1	5:41	8:27	
25	Fri	9:27	3.6	9:53	5.0	3:16	0.0	3:10	-0.2	5:42	8:28	
26	Sat	10:14	3.7	10:40	5.0	4:02	-0.1	3:57	-0.2	5:42	8:28	
27	Sun	11:02	3.7	11:27	4.9	4:49	-0.2	4:46	-0.2	5:42	8:28	
28	Mon	11:52	3.7			5:38	-0.2	5:39	-0.1	5:43	8:28	
29	Tue	12:16	4.7	12:45	3.7	6:29	-0.1	6:36	0.0	5:43	8:28	
30	Wed	1:08	4.5	1:40	3.8	7:21	-0.1	7:37	0.1	5:44	8:28	