

































## Metompkin Inlet, VA - Oct 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:12	3.4	6:38	4.1	12:04	0.8	11:59 AM	0.7	6:58	6:45	
2	Sat	6:57	3.6	7:20	4.1	12:50	0.7	12:49	0.6	6:59	6:44	
3	Sun	7:36	3.8	7:58	4.2	1:27	0.6	1:33	0.5	6:59	6:42	
4	Mon	8:14	4.0	8:35	4.2	2:00	0.5	2:12	0.4	7:00	6:41	
5	Tue	8:52	4.2	9:13	4.2	2:33	0.4	2:50	0.3	7:01	6:39	
6	Wed	9:30	4.3	9:50	4.1	3:06	0.4	3:28	0.4	7:02	6:38	
7	Thu	10:09	4.4	10:28	4.0	3:39	0.4	4:06	0.4	7:03	6:36	
8	Fri	10:47	4.4	11:06	3.8	4:14	0.5	4:46	0.6	7:04	6:35	
9	Sat	11:27	4.4	11:46	3.7	4:50	0.7	5:28	0.8	7:05	6:33	
10	Sun			12:08	4.4	5:29	0.8	6:14	0.9	7:06	6:32	
11	Mon	12:27	3.5	12:52	4.3	6:12	1.0	7:04	1.1	7:07	6:31	
12	Tue	1:12	3.4	1:42	4.2	7:01	1.0	7:59	1.2	7:08	6:29	
13	Wed	2:05	3.3	2:39	4.2	7:57	1.1	8:57	1.1	7:08	6:28	
14	Thu	3:07	3.3	3:42	4.3	8:58	1.0	9:56	1.0	7:09	6:26	
15	Fri	4:11	3.5	4:44	4.4	10:01	0.8	10:54	0.7	7:10	6:25	
16	Sat	5:14	3.8	5:43	4.6	11:04	0.5	11:49	0.3	7:11	6:23	
17	Sun	6:11	4.2	6:38	4.7			12:06	0.1	7:12	6:22	
18	Mon	7:05	4.6	7:31	4.8	12:42	0.0	1:04	-0.3	7:13	6:21	
19	Tue	7:57	5.0	8:22	4.8	1:32	-0.4	2:00	-0.6	7:14	6:19	
20	Wed	8:48	5.2	9:12	4.7	2:20	-0.6	2:53	-0.7	7:15	6:18	
21	Thu	9:39	5.4	10:03	4.5	3:07	-0.8	3:46	-0.7	7:16	6:17	
22	Fri	10:30	5.4	10:53	4.2	3:54	-0.7	4:38	-0.6	7:17	6:16	
23	Sat	11:21	5.2	11:44	3.9	4:43	-0.5	5:33	-0.3	7:18	6:14	
24	Sun			12:13	5.0	5:34	-0.3	6:30	0.0	7:19	6:13	
25	Mon	12:37	3.6	1:07	4.6	6:28	0.1	7:29	0.3	7:20	6:12	
26	Tue	1:32	3.3	2:05	4.3	7:26	0.4	8:31	0.6	7:21	6:11	
27	Wed	2:34	3.1	3:07	4.0	8:28	0.7	9:33	0.7	7:22	6:09	
28	Thu	3:41	3.1	4:12	3.8	9:30	0.8	10:32	0.8	7:23	6:08	
29	Fri	4:47	3.2	5:12	3.8	10:32	0.9	11:24	0.8	7:24	6:07	
30	Sat	5:43	3.3	6:02	3.8	11:30	0.8			7:25	6:06	
31	Sun	6:28	3.6	6:45	3.8	12:08	0.7	12:22	0.7	7:26	6:05	