
































Metompkin Inlet, VA - Nov 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:07	3.8	7:24	3.8	12:46	0.6	1:07	0.6	7:27	6:04	
2	Tue	7:46	4.1	8:03	3.8	1:21	0.5	1:47	0.5	7:28	6:03	
3	Wed	8:24	4.3	8:41	3.8	1:56	0.4	2:26	0.4	7:29	6:02	
4	Thu	9:02	4.4	9:20	3.8	2:30	0.3	3:05	0.3	7:30	6:00	
5	Fri	9:41	4.5	9:59	3.7	3:06	0.3	3:44	0.4	7:31	5:59	
6	Sat	10:21	4.6	10:39	3.6	3:42	0.3	4:24	0.4	7:32	5:59	
7	Sun	10:01	4.6	10:20	3.5	3:20	0.4	4:06	0.5	6:34	4:58	
8	Mon	10:43	4.5	11:03	3.4	4:01	0.5	4:52	0.7	6:35	4:57	
9	Tue	11:28	4.4	11:50	3.3	4:46	0.6	5:42	0.8	6:36	4:56	
10	Wed			12:17	4.3	5:37	0.7	6:36	0.8	6:37	4:55	
11	Thu	12:43	3.3	1:13	4.2	6:34	0.8	7:32	0.7	6:38	4:54	
12	Fri	1:44	3.3	2:13	4.2	7:36	0.7	8:29	0.6	6:39	4:53	
13	Sat	2:48	3.5	3:16	4.2	8:41	0.6	9:25	0.3	6:40	4:52	
14	Sun	3:52	3.8	4:16	4.2	9:45	0.3	10:20	0.0	6:41	4:52	
15	Mon	4:51	4.2	5:13	4.3	10:49	0.0	11:14	-0.3	6:42	4:51	
16	Tue	5:45	4.6	6:07	4.3	11:49	-0.3			6:43	4:50	
17	Wed	6:38	5.0	6:59	4.2	12:05	-0.6	12:45	-0.6	6:44	4:50	
18	Thu	7:29	5.2	7:50	4.1	12:55	-0.8	1:39	-0.7	6:45	4:49	
19	Fri	8:20	5.3	8:41	4.0	1:43	-0.9	2:31	-0.7	6:46	4:48	
20	Sat	9:10	5.2	9:32	3.8	2:31	-0.9	3:22	-0.6	6:47	4:48	
21	Sun	10:01	5.0	10:22	3.6	3:19	-0.7	4:14	-0.4	6:48	4:47	
22	Mon	10:51	4.8	11:13	3.4	4:09	-0.4	5:07	-0.1	6:49	4:47	
23	Tue	11:41	4.4			5:02	-0.1	6:02	0.1	6:50	4:46	
24	Wed	12:05	3.2	12:33	4.1	5:57	0.2	6:58	0.4	6:51	4:46	
25	Thu	1:01	3.0	1:28	3.8	6:55	0.5	7:52	0.5	6:52	4:45	
26	Fri	2:01	3.0	2:26	3.5	7:54	0.7	8:44	0.6	6:53	4:45	
27	Sat	3:03	3.0	3:23	3.4	8:53	0.8	9:32	0.6	6:54	4:45	
28	Sun	4:00	3.2	4:15	3.3	9:51	0.8	10:17	0.6	6:55	4:44	
29	Mon	4:50	3.4	5:03	3.3	10:45	0.8	10:59	0.5	6:56	4:44	
30	Tue	5:33	3.7	5:46	3.4	11:34	0.6	11:39	0.3	6:57	4:44	