

































## Metompkin Inlet, VA - May 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:30	4.1	10:56	5.2	4:14	-1.0	4:18	-0.8	6:05	7:53	
2	Tue	11:22	3.8	11:48	5.0	5:08	-0.8	5:09	-0.6	6:04	7:54	
3	Wed			12:14	3.6	6:04	-0.5	6:03	-0.3	6:03	7:55	
4	Thu	12:42	4.7	1:09	3.3	7:02	-0.2	7:00	0.0	6:02	7:55	
5	Fri	1:38	4.3	2:08	3.1	8:02	0.1	8:02	0.3	6:01	7:56	
6	Sat	2:38	4.0	3:12	3.0	9:03	0.3	9:05	0.5	6:00	7:57	
7	Sun	3:43	3.7	4:20	3.0	10:02	0.5	10:09	0.6	5:59	7:58	
8	Mon	4:47	3.5	5:21	3.2	10:57	0.5	11:12	0.6	5:58	7:59	
9	Tue	5:43	3.5	6:11	3.4	11:46	0.5			5:57	8:00	
10	Wed	6:30	3.4	6:53	3.6	12:08	0.5	12:28	0.4	5:56	8:01	
11	Thu	7:11	3.4	7:32	3.9	12:57	0.4	1:05	0.4	5:55	8:02	
12	Fri	7:51	3.5	8:10	4.1	1:40	0.3	1:41	0.3	5:54	8:03	
13	Sat	8:30	3.5	8:49	4.2	2:19	0.2	2:17	0.2	5:53	8:04	
14	Sun	9:09	3.5	9:28	4.4	2:57	0.2	2:52	0.2	5:52	8:04	
15	Mon	9:49	3.4	10:07	4.4	3:35	0.2	3:29	0.3	5:51	8:05	
16	Tue	10:29	3.4	10:47	4.4	4:14	0.2	4:07	0.4	5:51	8:06	
17	Wed	11:10	3.3	11:28	4.3	4:54	0.3	4:46	0.5	5:50	8:07	
18	Thu	11:51	3.2			5:37	0.5	5:29	0.6	5:49	8:08	
19	Fri	12:11	4.3	12:35	3.2	6:23	0.6	6:16	0.7	5:48	8:09	
20	Sat	12:56	4.2	1:23	3.1	7:13	0.6	7:09	0.7	5:48	8:09	
21	Sun	1:46	4.1	2:17	3.2	8:05	0.6	8:08	0.7	5:47	8:10	
22	Mon	2:42	4.0	3:17	3.4	8:58	0.5	9:09	0.6	5:46	8:11	
23	Tue	3:42	4.0	4:18	3.6	9:52	0.4	10:13	0.4	5:46	8:12	
24	Wed	4:42	4.0	5:18	4.0	10:46	0.1	11:16	0.2	5:45	8:13	
25	Thu	5:41	4.0	6:14	4.4	11:40	-0.2			5:45	8:13	
26	Fri	6:37	4.0	7:08	4.8	12:18	-0.2	12:33	-0.5	5:44	8:14	
27	Sat	7:31	4.0	8:01	5.1	1:17	-0.5	1:24	-0.7	5:44	8:15	
28	Sun	8:24	4.0	8:53	5.3	2:13	-0.7	2:15	-0.8	5:43	8:16	
29	Mon	9:17	3.9	9:45	5.3	3:07	-0.8	3:05	-0.9	5:43	8:16	
30	Tue	10:09	3.8	10:37	5.2	4:00	-0.8	3:56	-0.8	5:42	8:17	
31	Wed	11:02	3.6	11:29	4.9	4:52	-0.6	4:47	-0.6	5:42	8:18	