

































## Metompkin Inlet, VA - Oct 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:00	3.1	2:32	3.9	7:49	1.3	8:47	1.4	6:58	6:44	
2	Mon	2:56	3.1	3:31	4.0	8:44	1.3	9:44	1.4	6:59	6:43	
3	Tue	3:57	3.1	4:31	4.1	9:42	1.2	10:40	1.2	7:00	6:41	
4	Wed	4:57	3.3	5:28	4.3	10:41	1.0	11:33	1.0	7:01	6:40	
5	Thu	5:52	3.6	6:20	4.5	11:39	0.7			7:02	6:38	
6	Fri	6:42	4.0	7:09	4.7	12:24	0.6	12:34	0.3	7:03	6:37	
7	Sat	7:31	4.4	7:56	4.9	1:11	0.2	1:27	0.0	7:04	6:35	
8	Sun	8:19	4.8	8:44	4.9	1:56	-0.1	2:19	-0.3	7:05	6:34	
9	Mon	9:08	5.1	9:32	4.8	2:41	-0.4	3:10	-0.5	7:05	6:32	
10	Tue	9:57	5.3	10:21	4.6	3:26	-0.5	4:01	-0.5	7:06	6:31	
11	Wed	10:47	5.4	11:11	4.4	4:13	-0.5	4:54	-0.4	7:07	6:29	
12	Thu	11:39	5.3			5:01	-0.4	5:50	-0.2	7:08	6:28	
13	Fri	12:02	4.0	12:33	5.1	5:53	-0.2	6:50	0.1	7:09	6:27	
14	Sat	12:57	3.7	1:31	4.8	6:50	0.1	7:53	0.4	7:10	6:25	
15	Sun	1:57	3.4	2:34	4.5	7:52	0.3	8:59	0.6	7:11	6:24	
16	Mon	3:04	3.2	3:43	4.3	8:57	0.5	10:05	0.6	7:12	6:22	
17	Tue	4:17	3.2	4:52	4.1	10:04	0.6	11:08	0.6	7:13	6:21	
18	Wed	5:25	3.4	5:53	4.1	11:09	0.6			7:14	6:20	
19	Thu	6:20	3.6	6:43	4.1	12:03	0.5	12:09	0.5	7:15	6:18	
20	Fri	7:06	3.8	7:25	4.0	12:49	0.4	1:01	0.4	7:16	6:17	
21	Sat	7:46	4.0	8:04	4.0	1:27	0.3	1:46	0.3	7:17	6:16	
22	Sun	8:24	4.2	8:42	4.0	2:02	0.3	2:27	0.2	7:18	6:15	
23	Mon	9:01	4.3	9:20	3.9	2:36	0.2	3:05	0.2	7:19	6:13	
24	Tue	9:39	4.4	9:58	3.8	3:09	0.3	3:43	0.3	7:20	6:12	
25	Wed	10:18	4.5	10:37	3.6	3:44	0.4	4:22	0.4	7:21	6:11	
26	Thu	10:57	4.4	11:16	3.5	4:19	0.5	5:02	0.6	7:22	6:10	
27	Fri	11:38	4.3	11:57	3.3	4:57	0.7	5:44	0.8	7:23	6:08	
28	Sat			12:20	4.2	5:37	0.9	6:30	1.0	7:24	6:07	
29	Sun	12:40	3.2	1:05	4.1	6:22	1.0	7:20	1.1	7:25	6:06	
30	Mon	1:28	3.1	1:56	4.0	7:13	1.1	8:14	1.2	7:26	6:05	
31	Tue	2:22	3.1	2:52	4.0	8:09	1.2	9:08	1.1	7:27	6:04	