
































Metompkin Inlet, VA - Nov 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:22	3.2	3:51	4.0	9:09	1.1	10:03	1.0	7:28	6:03	
2	Thu	4:23	3.4	4:50	4.1	10:10	0.9	10:56	0.7	7:29	6:02	
3	Fri	5:21	3.8	5:45	4.3	11:11	0.6	11:47	0.3	7:30	6:01	
4	Sat	6:15	4.2	6:37	4.4			12:10	0.2	7:31	6:00	
5	Sun	6:06	4.6	6:28	4.5	12:37	-0.1	12:07	-0.2	6:32	4:59	
6	Mon	6:56	5.0	7:18	4.5	12:25	-0.4	1:01	-0.5	6:33	4:58	
7	Tue	7:46	5.3	8:08	4.4	1:12	-0.7	1:54	-0.7	6:34	4:57	
8	Wed	8:37	5.5	8:59	4.2	2:00	-0.8	2:46	-0.7	6:35	4:56	
9	Thu	9:28	5.5	9:51	4.0	2:49	-0.8	3:40	-0.6	6:36	4:55	
10	Fri	10:21	5.3	10:44	3.8	3:39	-0.7	4:35	-0.4	6:37	4:54	
11	Sat	11:15	5.0	11:39	3.5	4:32	-0.4	5:34	-0.1	6:39	4:53	
12	Sun			12:11	4.7	5:30	-0.1	6:35	0.1	6:40	4:53	
13	Mon	12:38	3.3	1:11	4.3	6:32	0.2	7:37	0.3	6:41	4:52	
14	Tue	1:44	3.1	2:16	4.0	7:36	0.4	8:38	0.4	6:42	4:51	
15	Wed	2:54	3.1	3:21	3.8	8:42	0.6	9:36	0.4	6:43	4:50	
16	Thu	4:01	3.3	4:20	3.6	9:47	0.6	10:27	0.4	6:44	4:50	
17	Fri	4:56	3.5	5:10	3.6	10:48	0.6	11:11	0.4	6:45	4:49	
18	Sat	5:40	3.7	5:53	3.5	11:40	0.5	11:50	0.3	6:46	4:48	
19	Sun	6:19	3.9	6:32	3.5			12:25	0.4	6:47	4:48	
20	Mon	6:57	4.1	7:11	3.5	12:26	0.2	1:05	0.3	6:48	4:47	
21	Tue	7:35	4.3	7:50	3.5	1:02	0.2	1:43	0.2	6:49	4:47	
22	Wed	8:14	4.4	8:30	3.4	1:37	0.1	2:21	0.2	6:50	4:46	
23	Thu	8:53	4.4	9:10	3.3	2:13	0.2	2:59	0.3	6:51	4:46	
24	Fri	9:33	4.4	9:50	3.3	2:50	0.2	3:39	0.4	6:52	4:45	
25	Sat	10:13	4.3	10:31	3.2	3:29	0.4	4:20	0.5	6:53	4:45	
26	Sun	10:55	4.2	11:14	3.1	4:09	0.5	5:05	0.7	6:54	4:45	
27	Mon	11:38	4.1			4:54	0.6	5:52	0.7	6:55	4:44	
28	Tue	12:00	3.0	12:25	4.0	5:44	0.7	6:43	0.7	6:56	4:44	
29	Wed	12:52	3.1	1:17	3.9	6:40	0.8	7:34	0.7	6:57	4:44	
30	Thu	1:50	3.2	2:14	3.9	7:40	0.7	8:27	0.5	6:58	4:44	