

































Metompkin Inlet, VA - Dec 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:51	3.4	3:13	3.9	8:43	0.6	9:19	0.2	6:59	4:43	
2	Sat	3:51	3.8	4:11	3.9	9:46	0.3	10:12	-0.1	7:00	4:43	
3	Sun	4:48	4.2	5:07	3.9	10:48	0.0	11:05	-0.4	7:01	4:43	
4	Mon	5:42	4.6	6:01	3.9	11:48	-0.3	11:57	-0.7	7:02	4:43	
5	Tue	6:34	5.0	6:54	3.9			12:45	-0.6	7:03	4:43	
6	Wed	7:27	5.2	7:47	3.9	12:48	-1.0	1:39	-0.8	7:03	4:43	
7	Thu	8:19	5.3	8:40	3.8	1:38	-1.1	2:32	-0.9	7:04	4:43	
8	Fri	9:12	5.3	9:33	3.7	2:29	-1.1	3:25	-0.8	7:05	4:43	
9	Sat	10:04	5.1	10:26	3.5	3:20	-1.0	4:18	-0.6	7:06	4:43	
10	Sun	10:57	4.8	11:19	3.3	4:14	-0.7	5:13	-0.4	7:07	4:43	
11	Mon	11:50	4.4			5:09	-0.4	6:09	-0.2	7:07	4:44	
12	Tue	12:15	3.2	12:44	4.0	6:08	-0.1	7:05	0.0	7:08	4:44	
13	Wed	1:14	3.1	1:40	3.7	7:09	0.2	8:00	0.2	7:09	4:44	
14	Thu	2:17	3.0	2:38	3.4	8:12	0.4	8:52	0.2	7:10	4:44	
15	Fri	3:20	3.1	3:36	3.2	9:14	0.5	9:40	0.3	7:10	4:45	
16	Sat	4:17	3.3	4:28	3.0	10:15	0.6	10:26	0.3	7:11	4:45	
17	Sun	5:05	3.5	5:15	3.0	11:10	0.5	11:09	0.2	7:11	4:45	
18	Mon	5:48	3.7	5:59	3.0	11:58	0.4	11:50	0.1	7:12	4:46	
19	Tue	6:29	3.9	6:41	3.0			12:41	0.3	7:13	4:46	
20	Wed	7:09	4.1	7:22	3.1	12:29	0.0	1:20	0.2	7:13	4:47	
21	Thu	7:50	4.2	8:04	3.1	1:09	0.0	1:59	0.2	7:14	4:47	
22	Fri	8:31	4.3	8:45	3.1	1:48	-0.1	2:37	0.1	7:14	4:48	
23	Sat	9:11	4.3	9:27	3.1	2:27	-0.1	3:17	0.1	7:14	4:48	
24	Sun	9:52	4.3	10:08	3.1	3:07	-0.1	3:57	0.2	7:15	4:49	
25	Mon	10:33	4.2	10:51	3.1	3:48	0.0	4:40	0.2	7:15	4:49	
26	Tue	11:15	4.1	11:36	3.1	4:33	0.1	5:25	0.2	7:16	4:50	
27	Wed	11:59	4.0			5:22	0.2	6:12	0.2	7:16	4:51	
28	Thu	12:26	3.2	12:48	3.8	6:17	0.3	7:02	0.1	7:16	4:51	
29	Fri	1:21	3.3	1:42	3.7	7:17	0.3	7:53	0.0	7:16	4:52	
30	Sat	2:20	3.5	2:40	3.5	8:19	0.3	8:46	-0.1	7:17	4:53	
31	Sun	3:22	3.8	3:41	3.4	9:24	0.1	9:40	-0.3	7:17	4:54	