

































Metompkin Inlet, VA - May 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:48	3.6	8:08	4.0	1:32	0.0	1:43	0.0	6:05	7:53	
2	Wed	8:28	3.6	8:47	4.2	2:16	-0.1	2:19	0.0	6:04	7:53	
3	Thu	9:07	3.5	9:25	4.3	2:56	-0.1	2:55	0.0	6:03	7:54	
4	Fri	9:47	3.4	10:04	4.3	3:35	-0.1	3:30	0.1	6:02	7:55	
5	Sat	10:26	3.4	10:44	4.3	4:13	0.0	4:06	0.2	6:01	7:56	
6	Sun	11:06	3.3	11:24	4.2	4:52	0.2	4:44	0.4	6:00	7:57	
7	Mon	11:47	3.1			5:34	0.4	5:24	0.6	5:59	7:58	
8	Tue	12:06	4.1	12:29	3.0	6:17	0.6	6:08	0.8	5:58	7:59	
9	Wed	12:50	3.9	1:14	2.9	7:04	0.8	6:56	0.9	5:57	8:00	
10	Thu	1:37	3.8	2:04	2.9	7:54	0.9	7:49	1.0	5:56	8:01	
11	Fri	2:29	3.7	2:59	3.0	8:45	0.9	8:46	1.0	5:55	8:02	
12	Sat	3:26	3.7	3:58	3.2	9:36	0.9	9:46	0.9	5:54	8:02	
13	Sun	4:23	3.8	4:55	3.5	10:28	0.7	10:45	0.6	5:53	8:03	
14	Mon	5:19	3.9	5:49	3.9	11:18	0.4	11:45	0.3	5:52	8:04	
15	Tue	6:11	4.0	6:40	4.3			12:08	0.1	5:52	8:05	
16	Wed	7:02	4.0	7:30	4.7	12:42	0.0	12:57	-0.2	5:51	8:06	
17	Thu	7:53	4.1	8:19	5.1	1:37	-0.4	1:45	-0.5	5:50	8:07	
18	Fri	8:44	4.1	9:10	5.3	2:30	-0.6	2:33	-0.7	5:49	8:08	
19	Sat	9:35	4.0	10:02	5.4	3:22	-0.8	3:22	-0.8	5:48	8:08	
20	Sun	10:27	3.8	10:55	5.3	4:15	-0.7	4:12	-0.7	5:48	8:09	
21	Mon	11:20	3.7	11:48	5.1	5:09	-0.6	5:05	-0.6	5:47	8:10	
22	Tue			12:15	3.5	6:06	-0.4	6:02	-0.3	5:46	8:11	
23	Wed	12:44	4.8	1:12	3.4	7:05	-0.2	7:03	-0.1	5:46	8:12	
24	Thu	1:42	4.4	2:14	3.2	8:05	0.0	8:07	0.2	5:45	8:12	
25	Fri	2:43	4.1	3:21	3.2	9:04	0.2	9:13	0.4	5:45	8:13	
26	Sat	3:47	3.8	4:28	3.3	10:01	0.2	10:19	0.4	5:44	8:14	
27	Sun	4:50	3.6	5:28	3.5	10:54	0.3	11:23	0.4	5:44	8:15	
28	Mon	5:45	3.4	6:18	3.7	11:43	0.3			5:43	8:15	
29	Tue	6:33	3.3	7:01	3.9	12:22	0.4	12:26	0.2	5:43	8:16	
30	Wed	7:16	3.3	7:41	4.1	1:12	0.3	1:06	0.2	5:42	8:17	
31	Thu	7:57	3.2	8:20	4.2	1:56	0.2	1:44	0.2	5:42	8:18	