



























## Metompkin Inlet, VA - Sep 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:45	4.3	11:06	4.5	4:21	0.2	4:37	0.1	6:33	7:31	
2	Sun	11:28	4.5	11:48	4.3	5:02	0.2	5:25	0.2	6:34	7:29	
3	Mon			12:14	4.5	5:44	0.2	6:17	0.4	6:34	7:28	
4	Tue	12:34	4.0	1:04	4.5	6:31	0.3	7:14	0.6	6:35	7:26	
5	Wed	1:24	3.8	1:59	4.5	7:22	0.4	8:15	0.7	6:36	7:25	
6	Thu	2:20	3.5	3:02	4.5	8:19	0.5	9:20	0.8	6:37	7:23	
7	Fri	3:25	3.3	4:09	4.5	9:20	0.4	10:27	0.7	6:38	7:22	
8	Sat	4:34	3.3	5:17	4.6	10:25	0.4	11:33	0.6	6:39	7:20	
9	Sun	5:40	3.4	6:19	4.7	11:29	0.2			6:39	7:19	
10	Mon	6:40	3.6	7:15	4.8	12:34	0.4	12:31	-0.1	6:40	7:17	
11	Tue	7:35	3.9	8:06	4.9	1:28	0.1	1:29	-0.3	6:41	7:15	
12	Wed	8:25	4.1	8:54	4.8	2:15	-0.1	2:21	-0.4	6:42	7:14	
13	Thu	9:13	4.3	9:39	4.7	2:59	-0.2	3:10	-0.4	6:43	7:12	
14	Fri	9:59	4.4	10:23	4.5	3:40	-0.2	3:57	-0.3	6:44	7:11	
15	Sat	10:43	4.4	11:05	4.2	4:19	-0.1	4:43	-0.1	6:44	7:09	
16	Sun	11:26	4.4	11:47	3.9	4:59	0.1	5:29	0.2	6:45	7:08	
17	Mon			12:10	4.3	5:39	0.4	6:17	0.6	6:46	7:06	
18	Tue	12:29	3.6	12:55	4.1	6:21	0.7	7:08	0.9	6:47	7:05	
19	Wed	1:14	3.3	1:43	4.0	7:07	0.9	8:01	1.2	6:48	7:03	
20	Thu	2:04	3.1	2:37	3.8	7:56	1.1	8:57	1.4	6:49	7:02	
21	Fri	3:00	2.9	3:37	3.8	8:49	1.3	9:55	1.5	6:49	7:00	
22	Sat	4:01	2.9	4:39	3.8	9:46	1.3	10:52	1.4	6:50	6:58	
23	Sun	5:01	3.1	5:35	4.0	10:43	1.2	11:44	1.3	6:51	6:57	
24	Mon	5:54	3.3	6:24	4.2	11:37	1.0			6:52	6:55	
25	Tue	6:42	3.6	7:09	4.4	12:30	1.1	12:28	0.7	6:53	6:54	
26	Wed	7:26	3.9	7:51	4.6	1:12	0.8	1:16	0.5	6:54	6:52	
27	Thu	8:09	4.2	8:32	4.7	1:51	0.5	2:02	0.2	6:55	6:51	
28	Fri	8:52	4.5	9:14	4.7	2:30	0.3	2:47	0.0	6:55	6:49	
29	Sat	9:35	4.7	9:57	4.6	3:09	0.1	3:32	-0.1	6:56	6:48	
30	Sun	10:19	4.9	10:41	4.4	3:49	0.0	4:19	0.0	6:57	6:46	