
































## Metompkin Inlet, VA - Nov 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:32	3.6	6:50	3.8	12:14	0.9	12:26	0.8	7:27	6:04	
2	Sun	6:12	3.9	6:29	3.8	12:48	0.7	12:10	0.6	6:28	5:03	
3	Mon	6:50	4.1	7:07	3.8	12:22	0.5	12:51	0.5	6:29	5:01	
4	Tue	7:28	4.4	7:45	3.8	12:56	0.4	1:31	0.4	6:30	5:00	
5	Wed	8:06	4.5	8:24	3.7	1:31	0.3	2:10	0.4	6:31	4:59	
6	Thu	8:45	4.6	9:03	3.6	2:06	0.3	2:50	0.4	6:32	4:58	
7	Fri	9:25	4.7	9:44	3.5	2:43	0.3	3:32	0.5	6:34	4:58	
8	Sat	10:07	4.6	10:26	3.3	3:22	0.4	4:18	0.6	6:35	4:57	
9	Sun	10:52	4.6	11:11	3.2	4:05	0.5	5:07	0.7	6:36	4:56	
10	Mon	11:41	4.5			4:54	0.6	6:02	0.8	6:37	4:55	
11	Tue	12:03	3.1	12:36	4.4	5:50	0.7	6:59	0.8	6:38	4:54	
12	Wed	1:02	3.1	1:36	4.3	6:53	0.7	7:58	0.7	6:39	4:53	
13	Thu	2:08	3.2	2:40	4.2	7:59	0.6	8:56	0.5	6:40	4:52	
14	Fri	3:15	3.5	3:43	4.2	9:06	0.5	9:51	0.2	6:41	4:52	
15	Sat	4:18	3.8	4:42	4.1	10:12	0.2	10:44	-0.1	6:42	4:51	
16	Sun	5:15	4.3	5:36	4.1	11:15	0.0	11:34	-0.3	6:43	4:50	
17	Mon	6:08	4.7	6:28	4.0			12:14	-0.3	6:44	4:50	
18	Tue	6:58	5.0	7:18	3.9	12:22	-0.6	1:09	-0.5	6:45	4:49	
19	Wed	7:47	5.1	8:07	3.8	1:09	-0.7	2:01	-0.5	6:46	4:48	
20	Thu	8:36	5.2	8:56	3.6	1:55	-0.7	2:51	-0.5	6:47	4:48	
21	Fri	9:25	5.0	9:44	3.4	2:41	-0.6	3:40	-0.3	6:48	4:47	
22	Sat	10:13	4.8	10:32	3.2	3:28	-0.4	4:31	0.0	6:49	4:47	
23	Sun	11:02	4.5	11:21	3.0	4:16	-0.1	5:23	0.3	6:50	4:46	
24	Mon	11:52	4.2			5:08	0.2	6:17	0.5	6:51	4:46	
25	Tue	12:13	2.9	12:44	3.9	6:02	0.5	7:11	0.7	6:52	4:45	
26	Wed	1:08	2.8	1:38	3.6	7:00	0.7	8:03	0.8	6:53	4:45	
27	Thu	2:09	2.8	2:35	3.5	7:58	0.9	8:51	0.8	6:54	4:45	
28	Fri	3:09	2.9	3:30	3.3	8:57	1.0	9:36	0.8	6:55	4:44	
29	Sat	4:04	3.2	4:20	3.3	9:54	0.9	10:17	0.7	6:56	4:44	
30	Sun	4:52	3.5	5:06	3.3	10:48	0.8	10:58	0.5	6:57	4:44	