


















Metompkin Inlet, VA - Sep 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:59	3.3	1:27	3.9	6:49	1.0	7:37	1.3	6:33	7:30	
2	Thu	1:44	3.1	2:17	3.8	7:34	1.1	8:31	1.4	6:34	7:29	
3	Fri	2:35	3.0	3:15	3.8	8:24	1.2	9:29	1.5	6:35	7:27	
4	Sat	3:34	2.9	4:17	3.9	9:20	1.2	10:29	1.5	6:35	7:26	
5	Sun	4:36	2.9	5:17	4.1	10:19	1.1	11:28	1.3	6:36	7:24	
6	Mon	5:35	3.1	6:12	4.4	11:18	0.8			6:37	7:23	
7	Tue	6:29	3.4	7:03	4.7	12:23	1.0	12:15	0.5	6:38	7:21	
8	Wed	7:20	3.8	7:51	4.9	1:12	0.6	1:09	0.1	6:39	7:20	
9	Thu	8:09	4.1	8:38	5.0	1:57	0.3	2:01	-0.2	6:40	7:18	
10	Fri	8:57	4.5	9:24	5.0	2:40	0.0	2:52	-0.4	6:40	7:17	
11	Sat	9:45	4.8	10:11	4.9	3:23	-0.3	3:43	-0.5	6:41	7:15	
12	Sun	10:34	5.0	10:58	4.6	4:06	-0.4	4:35	-0.4	6:42	7:14	
13	Mon	11:24	5.1	11:46	4.3	4:51	-0.3	5:29	-0.2	6:43	7:12	
14	Tue			12:15	5.0	5:39	-0.2	6:27	0.1	6:44	7:10	
15	Wed	12:36	3.9	1:10	4.9	6:30	0.0	7:29	0.4	6:45	7:09	
16	Thu	1:31	3.5	2:10	4.6	7:26	0.3	8:35	0.7	6:45	7:07	
17	Fri	2:32	3.2	3:18	4.4	8:27	0.5	9:45	0.9	6:46	7:06	
18	Sat	3:43	3.0	4:31	4.3	9:32	0.6	10:56	0.9	6:47	7:04	
19	Sun	4:57	3.0	5:41	4.3	10:40	0.6			6:48	7:03	
20	Mon	6:02	3.2	6:38	4.3	12:01	0.8	11:44 AM	0.6	6:49	7:01	
21	Tue	6:54	3.4	7:24	4.3	12:54	0.7	12:42	0.4	6:50	7:00	
22	Wed	7:38	3.6	8:04	4.3	1:35	0.6	1:31	0.3	6:51	6:58	
23	Thu	8:18	3.8	8:41	4.3	2:10	0.5	2:14	0.2	6:51	6:56	
24	Fri	8:56	4.0	9:18	4.2	2:42	0.4	2:54	0.2	6:52	6:55	
25	Sat	9:33	4.2	9:54	4.1	3:13	0.4	3:32	0.3	6:53	6:53	
26	Sun	10:11	4.3	10:30	3.9	3:44	0.4	4:10	0.4	6:54	6:52	
27	Mon	10:49	4.3	11:08	3.7	4:17	0.5	4:49	0.6	6:55	6:50	
28	Tue	11:27	4.3	11:46	3.5	4:51	0.7	5:30	0.8	6:56	6:49	
29	Wed			12:07	4.2	5:27	0.9	6:15	1.1	6:57	6:47	
30	Thu	12:25	3.3	12:51	4.1	6:07	1.1	7:04	1.3	6:57	6:46	