
































Metompkin Inlet, VA - Nov 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:30	3.0	3:05	4.1	8:18	1.1	9:23	1.1	7:28	6:03	
2	Tue	3:34	3.1	4:06	4.1	9:22	1.0	10:18	0.9	7:29	6:02	
3	Wed	4:38	3.4	5:05	4.2	10:26	0.7	11:10	0.5	7:30	6:01	
4	Thu	5:36	3.9	6:00	4.3	11:29	0.4			7:31	6:00	
5	Fri	6:29	4.4	6:52	4.3	12:00	0.1	12:29	0.0	7:32	5:59	
6	Sat	7:20	4.8	7:42	4.3	12:49	-0.2	1:26	-0.3	7:33	5:58	
7	Sun	7:10	5.2	7:32	4.2	1:36	-0.5	1:20	-0.5	6:34	4:57	
8	Mon	8:01	5.5	8:23	4.1	1:23	-0.7	2:13	-0.6	6:35	4:56	
9	Tue	8:52	5.5	9:14	3.9	2:11	-0.8	3:06	-0.6	6:36	4:55	
10	Wed	9:44	5.4	10:05	3.6	2:59	-0.7	4:00	-0.4	6:38	4:54	
11	Thu	10:37	5.1	10:58	3.4	3:50	-0.5	4:56	-0.1	6:39	4:53	
12	Fri	11:32	4.8	11:54	3.2	4:45	-0.2	5:55	0.2	6:40	4:53	
13	Sat			12:29	4.4	5:44	0.1	6:57	0.5	6:41	4:52	
14	Sun	12:55	3.0	1:31	4.1	6:47	0.4	7:59	0.6	6:42	4:51	
15	Mon	2:02	2.9	2:35	3.8	7:52	0.6	8:58	0.7	6:43	4:50	
16	Tue	3:12	3.0	3:37	3.6	8:58	0.7	9:50	0.7	6:44	4:50	
17	Wed	4:14	3.2	4:31	3.5	10:01	0.8	10:34	0.6	6:45	4:49	
18	Thu	5:03	3.5	5:16	3.4	10:58	0.7	11:13	0.5	6:46	4:48	
19	Fri	5:44	3.7	5:56	3.4	11:47	0.6	11:49	0.4	6:47	4:48	
20	Sat	6:22	4.0	6:35	3.3			12:30	0.5	6:48	4:47	
21	Sun	6:59	4.2	7:14	3.3	12:24	0.3	1:10	0.4	6:49	4:47	
22	Mon	7:37	4.3	7:53	3.3	12:59	0.3	1:48	0.4	6:50	4:46	
23	Tue	8:16	4.4	8:33	3.2	1:35	0.3	2:26	0.4	6:51	4:46	
24	Wed	8:56	4.4	9:13	3.2	2:12	0.3	3:05	0.4	6:52	4:45	
25	Thu	9:37	4.4	9:53	3.1	2:50	0.3	3:46	0.5	6:53	4:45	
26	Fri	10:19	4.3	10:35	3.0	3:29	0.4	4:29	0.6	6:54	4:45	
27	Sat	11:02	4.3	11:20	3.0	4:12	0.5	5:16	0.7	6:55	4:44	
28	Sun	11:48	4.2			5:00	0.6	6:06	0.8	6:56	4:44	
29	Mon	12:09	2.9	12:38	4.1	5:55	0.7	6:58	0.7	6:57	4:44	
30	Tue	1:05	3.0	1:32	4.0	6:55	0.7	7:50	0.6	6:58	4:44	