

































Metompkin Inlet, VA - Dec 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:38	3.5	1:03	4.1	6:34	0.3	7:17	0.2	6:59	4:43	
2	Sun	1:38	3.6	2:01	3.9	7:37	0.4	8:11	0.0	7:00	4:43	
3	Mon	2:41	3.8	3:02	3.7	8:42	0.3	9:06	-0.1	7:01	4:43	
4	Tue	3:45	4.1	4:04	3.6	9:47	0.2	10:02	-0.3	7:02	4:43	
5	Wed	4:45	4.4	5:02	3.5	10:52	0.0	10:57	-0.5	7:03	4:43	
6	Thu	5:41	4.6	5:58	3.5	11:53	-0.2	11:52	-0.7	7:03	4:43	
7	Fri	6:34	4.8	6:51	3.5			12:49	-0.4	7:04	4:43	
8	Sat	7:26	4.9	7:42	3.5	12:44	-0.9	1:41	-0.5	7:05	4:43	
9	Sun	8:16	4.9	8:33	3.5	1:34	-0.9	2:30	-0.5	7:06	4:43	
10	Mon	9:05	4.8	9:21	3.4	2:22	-0.9	3:17	-0.5	7:07	4:43	
11	Tue	9:52	4.6	10:09	3.3	3:10	-0.7	4:03	-0.3	7:07	4:44	
12	Wed	10:38	4.3	10:57	3.2	3:58	-0.5	4:50	-0.1	7:08	4:44	
13	Thu	11:23	4.0	11:44	3.1	4:46	-0.1	5:36	0.1	7:09	4:44	
14	Fri			12:08	3.7	5:37	0.2	6:22	0.3	7:10	4:44	
15	Sat	12:34	3.1	12:55	3.4	6:29	0.5	7:07	0.4	7:10	4:45	
16	Sun	1:26	3.1	1:44	3.2	7:24	0.7	7:53	0.5	7:11	4:45	
17	Mon	2:22	3.1	2:37	3.0	8:20	0.8	8:39	0.5	7:11	4:45	
18	Tue	3:18	3.2	3:31	2.9	9:16	0.9	9:26	0.5	7:12	4:46	
19	Wed	4:12	3.4	4:24	2.9	10:12	0.8	10:13	0.4	7:13	4:46	
20	Thu	5:02	3.7	5:13	3.0	11:06	0.7	11:01	0.3	7:13	4:47	
21	Fri	5:48	3.9	6:00	3.0	11:55	0.5	11:47	0.1	7:14	4:47	
22	Sat	6:33	4.2	6:46	3.2			12:41	0.3	7:14	4:48	
23	Sun	7:18	4.4	7:31	3.3	12:33	-0.1	1:25	0.1	7:14	4:48	
24	Mon	8:02	4.5	8:16	3.4	1:18	-0.3	2:08	-0.1	7:15	4:49	
25	Tue	8:46	4.6	9:02	3.5	2:02	-0.5	2:51	-0.2	7:15	4:49	
26	Wed	9:30	4.7	9:48	3.5	2:47	-0.5	3:35	-0.3	7:16	4:50	
27	Thu	10:15	4.6	10:36	3.6	3:35	-0.5	4:21	-0.3	7:16	4:51	
28	Fri	11:01	4.4	11:26	3.7	4:25	-0.4	5:09	-0.4	7:16	4:51	
29	Sat	11:49	4.2			5:20	-0.3	5:58	-0.3	7:16	4:52	
30	Sun	12:19	3.7	12:41	3.8	6:19	-0.1	6:50	-0.3	7:17	4:53	
31	Mon	1:17	3.7	1:37	3.5	7:21	0.0	7:43	-0.4	7:17	4:54	