
































Metompkin Inlet, VA - Jun 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:36	3.2	7:05	4.0	12:32	0.7	12:24	0.4	5:42	8:18	
2	Sun	7:20	3.2	7:47	4.2	1:17	0.6	1:06	0.3	5:41	8:19	
3	Mon	8:03	3.3	8:29	4.4	1:58	0.4	1:48	0.3	5:41	8:20	
4	Tue	8:46	3.4	9:10	4.5	2:38	0.3	2:29	0.2	5:41	8:20	
5	Wed	9:28	3.4	9:52	4.6	3:18	0.3	3:10	0.2	5:41	8:21	
6	Thu	10:11	3.4	10:33	4.6	3:58	0.2	3:51	0.2	5:40	8:21	
7	Fri	10:54	3.5	11:16	4.6	4:40	0.2	4:34	0.2	5:40	8:22	
8	Sat	11:38	3.5	11:59	4.5	5:23	0.2	5:20	0.3	5:40	8:22	
9	Sun			12:24	3.5	6:08	0.2	6:11	0.4	5:40	8:23	
10	Mon	12:44	4.3	1:13	3.6	6:56	0.2	7:06	0.4	5:40	8:23	
11	Tue	1:33	4.2	2:08	3.7	7:46	0.2	8:05	0.5	5:40	8:24	
12	Wed	2:27	4.0	3:07	3.9	8:38	0.1	9:07	0.4	5:40	8:24	
13	Thu	3:26	3.8	4:08	4.1	9:31	0.0	10:11	0.3	5:40	8:25	
14	Fri	4:27	3.7	5:09	4.4	10:26	-0.2	11:16	0.2	5:40	8:25	
15	Sat	5:28	3.6	6:07	4.7	11:23	-0.3			5:40	8:25	
16	Sun	6:26	3.6	7:03	4.9	12:19	0.0	12:20	-0.5	5:40	8:26	
17	Mon	7:23	3.6	7:58	5.1	1:18	-0.3	1:15	-0.7	5:40	8:26	
18	Tue	8:17	3.6	8:50	5.1	2:14	-0.5	2:09	-0.8	5:40	8:26	
19	Wed	9:11	3.7	9:42	5.0	3:06	-0.6	3:00	-0.8	5:40	8:27	
20	Thu	10:03	3.7	10:31	4.9	3:55	-0.6	3:51	-0.7	5:41	8:27	
21	Fri	10:53	3.6	11:19	4.6	4:43	-0.5	4:41	-0.5	5:41	8:27	
22	Sat	11:43	3.6			5:31	-0.3	5:32	-0.2	5:41	8:27	
23	Sun	12:06	4.3	12:31	3.5	6:18	-0.1	6:24	0.1	5:41	8:27	
24	Mon	12:52	4.0	1:21	3.4	7:04	0.1	7:17	0.4	5:42	8:28	
25	Tue	1:38	3.7	2:12	3.4	7:50	0.3	8:12	0.7	5:42	8:28	
26	Wed	2:27	3.4	3:05	3.4	8:36	0.5	9:07	0.9	5:42	8:28	
27	Thu	3:18	3.1	4:00	3.5	9:21	0.6	10:03	1.0	5:43	8:28	
28	Fri	4:12	3.0	4:54	3.6	10:07	0.6	10:59	1.0	5:43	8:28	
29	Sat	5:06	3.0	5:45	3.8	10:55	0.6	11:52	0.9	5:44	8:28	
30	Sun	5:57	3.0	6:32	4.0	11:43	0.5			5:44	8:28	