US HARBORS www.USHarbors.com

Metompkin Inlet, VA - May 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**7:49**	4.0	**8:13**	4.5	**1:30**	-0.4	**1:45**	-0.4	6:05	7:53	
2	Sat	**8:36**	3.9	**8:58**	4.6	**2:22**	-0.5	**2:28**	-0.5	6:04	7:54	
3	Sun	**9:21**	3.7	**9:43**	4.7	**3:09**	-0.5	**3:09**	-0.4	6:03	7:55	
4	Mon	**10:05**	3.6	**10:26**	4.6	**3:54**	-0.4	**3:50**	-0.3	6:02	7:56	
5	Tue	**10:48**	3.4	**11:09**	4.5	**4:39**	-0.3	**4:31**	-0.1	6:01	7:57	
6	Wed	**11:32**	3.2	**11:53**	4.3	**5:23**	0.0	**5:13**	0.2	6:00	7:57	
7	Thu			**12:16**	3.1	**6:09**	0.3	**5:58**	0.5	5:59	7:58	
8	Fri	**12:38**	4.0	**1:02**	2.9	**6:57**	0.6	**6:47**	0.7	5:58	7:59	
9	Sat	**1:26**	3.8	**1:52**	2.8	**7:47**	0.8	**7:40**	0.9	5:57	8:00	
10	Sun	**2:19**	3.6	**2:47**	2.8	**8:38**	1.0	**8:35**	1.0	5:56	8:01	
11	Mon	**3:15**	3.5	**3:45**	2.9	**9:28**	1.0	**9:32**	1.0	5:55	8:02	
12	Tue	**4:12**	3.5	**4:42**	3.1	**10:17**	1.0	**10:29**	1.0	5:54	8:03	
13	Wed	**5:05**	3.5	**5:34**	3.4	**11:03**	0.8	**11:24**	0.8	5:53	8:04	
14	Thu	**5:55**	3.6	**6:21**	3.8	**11:48**	0.6			5:52	8:05	
15	Fri	**6:41**	3.6	**7:05**	4.1	**12:17**	0.6	**12:32**	0.4	5:51	8:05	
16	Sat	**7:25**	3.7	**7:49**	4.5	**1:07**	0.3	**1:14**	0.2	5:50	8:06	
17	Sun	**8:10**	3.8	**8:33**	4.7	**1:55**	0.1	**1:57**	0.0	5:50	8:07	
18	Mon	**8:55**	3.8	**9:18**	5.0	**2:41**	-0.2	**2:40**	-0.2	5:49	8:08	
19	Tue	**9:41**	3.7	**10:05**	5.1	**3:28**	-0.3	**3:25**	-0.3	5:48	8:09	
20	Wed	**10:29**	3.7	**10:54**	5.1	**4:17**	-0.3	**4:11**	-0.3	5:48	8:10	
21	Thu	**11:19**	3.6	**11:45**	5.0	**5:08**	-0.2	**5:02**	-0.2	5:47	8:10	
22	Fri			**12:11**	3.5	**6:02**	-0.1	**5:56**	-0.1	5:46	8:11	
23	Sat	**12:39**	4.8	**1:06**	3.4	**6:58**	0.0	**6:56**	0.1	5:46	8:12	
24	Sun	**1:36**	4.5	**2:07**	3.3	**7:57**	0.1	**8:00**	0.2	5:45	8:13	
25	Mon	**2:36**	4.3	**3:13**	3.4	**8:56**	0.1	**9:06**	0.3	5:45	8:14	
26	Tue	**3:40**	4.0	**4:20**	3.5	**9:53**	0.1	**10:13**	0.3	5:44	8:14	
27	Wed	**4:44**	3.8	**5:22**	3.8	**10:49**	0.0	**11:20**	0.2	5:44	8:15	
28	Thu	**5:42**	3.7	**6:18**	4.1	**11:41**	-0.1			5:43	8:16	
29	Fri	**6:36**	3.6	**7:07**	4.3	**12:22**	0.1	**12:30**	-0.2	5:43	8:16	
30	Sat	**7:25**	3.5	**7:53**	4.5	**1:18**	-0.1	**1:16**	-0.2	5:42	8:17	
31	Sun	**8:11**	3.4	**8:37**	4.6	**2:08**	-0.1	**1:59**	-0.2	5:42	8:18	