

Metompkin Inlet, VA - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:32	3.4	8:03	4.9	1:30	-0.2	1:20	-0.4	5:42	8:18	
2	Tue	8:23	3.3	8:52	4.9	2:23	-0.3	2:09	-0.4	5:41	8:19	
3	Wed	9:12	3.3	9:41	4.8	3:13	-0.3	2:56	-0.4	5:41	8:19	
4	Thu	10:00	3.2	10:28	4.7	4:00	-0.2	3:42	-0.3	5:41	8:20	
5	Fri	10:47	3.1	11:15	4.5	4:46	0.0	4:29	-0.1	5:41	8:21	
6	Sat	11:34	3.1			5:33	0.2	5:16	0.2	5:40	8:21	
7	Sun	12:01	4.3	12:21	3.0	6:19	0.4	6:06	0.4	5:40	8:22	
8	Mon	12:47	4.0	1:09	3.0	7:06	0.6	6:57	0.6	5:40	8:22	
9	Tue	1:33	3.7	2:00	3.0	7:51	0.7	7:51	0.9	5:40	8:23	
10	Wed	2:22	3.5	2:53	3.1	8:35	0.8	8:46	1.0	5:40	8:23	
11	Thu	3:12	3.3	3:48	3.2	9:18	0.8	9:42	1.1	5:40	8:24	
12	Fri	4:04	3.2	4:41	3.5	10:00	0.8	10:38	1.0	5:40	8:24	
13	Sat	4:56	3.1	5:30	3.7	10:44	0.7	11:33	0.9	5:40	8:25	
14	Sun	5:45	3.1	6:17	4.0	11:29	0.6			5:40	8:25	
15	Mon	6:33	3.1	7:02	4.3	12:26	0.8	12:14	0.5	5:40	8:25	
16	Tue	7:19	3.1	7:48	4.5	1:15	0.6	1:01	0.3	5:40	8:26	
17	Wed	8:06	3.2	8:34	4.7	2:03	0.4	1:47	0.1	5:40	8:26	
18	Thu	8:52	3.3	9:21	4.9	2:49	0.2	2:34	0.0	5:40	8:26	
19	Fri	9:40	3.3	10:09	5.0	3:35	0.1	3:21	-0.1	5:40	8:27	
20	Sat	10:29	3.4	10:57	4.9	4:22	0.0	4:10	-0.2	5:41	8:27	
21	Sun	11:19	3.4	11:46	4.8	5:10	0.0	5:01	-0.1	5:41	8:27	
22	Mon			12:10	3.5	6:00	0.0	5:57	0.0	5:41	8:27	
23	Tue	12:36	4.6	1:05	3.6	6:51	0.0	6:56	0.1	5:41	8:27	
24	Wed	1:28	4.3	2:02	3.7	7:42	0.0	7:59	0.2	5:42	8:28	
25	Thu	2:23	4.0	3:03	3.9	8:33	0.0	9:04	0.3	5:42	8:28	
26	Fri	3:21	3.6	4:05	4.1	9:25	0.0	10:11	0.4	5:42	8:28	
27	Sat	4:22	3.4	5:06	4.3	10:18	0.0	11:18	0.4	5:43	8:28	
28	Sun	5:22	3.2	6:04	4.4	11:12	-0.1			5:43	8:28	
29	Mon	6:19	3.1	6:58	4.6	12:22	0.3	12:06	-0.1	5:44	8:28	
30	Tue	7:13	3.0	7:49	4.6	1:21	0.2	12:59	-0.1	5:44	8:28	