

Metompkin Inlet, VA - Jun 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:15	3.2	4:53	3.4	10:17	0.7	10:52	0.9	5:42	8:18	
2	Wed	5:07	3.1	5:41	3.6	10:59	0.7	11:48	0.8	5:42	8:19	
3	Thu	5:55	3.0	6:25	3.8	11:41	0.6			5:41	8:19	
4	Fri	6:39	3.0	7:06	4.1	12:38	0.7	12:22	0.6	5:41	8:20	
5	Sat	7:22	3.0	7:48	4.2	1:23	0.6	1:04	0.5	5:41	8:21	
6	Sun	8:05	3.1	8:29	4.4	2:04	0.5	1:45	0.4	5:41	8:21	
7	Mon	8:47	3.1	9:12	4.5	2:44	0.4	2:26	0.3	5:40	8:22	
8	Tue	9:30	3.1	9:54	4.5	3:24	0.4	3:07	0.3	5:40	8:22	
9	Wed	10:12	3.2	10:37	4.5	4:05	0.4	3:48	0.3	5:40	8:23	
10	Thu	10:55	3.2	11:20	4.5	4:47	0.4	4:32	0.3	5:40	8:23	
11	Fri	11:40	3.2			5:31	0.4	5:19	0.3	5:40	8:24	
12	Sat	12:04	4.4	12:27	3.3	6:17	0.4	6:10	0.4	5:40	8:24	
13	Sun	12:50	4.3	1:17	3.4	7:05	0.4	7:07	0.5	5:40	8:25	
14	Mon	1:39	4.1	2:12	3.5	7:53	0.3	8:07	0.5	5:40	8:25	
15	Tue	2:32	3.9	3:11	3.8	8:43	0.2	9:11	0.5	5:40	8:25	
16	Wed	3:29	3.7	4:12	4.1	9:34	0.1	10:16	0.4	5:40	8:26	
17	Thu	4:30	3.5	5:12	4.4	10:26	0.0	11:21	0.3	5:40	8:26	
18	Fri	5:30	3.4	6:09	4.7	11:21	-0.2			5:40	8:26	
19	Sat	6:28	3.3	7:05	4.9	12:25	0.1	12:17	-0.4	5:40	8:27	
20	Sun	7:24	3.3	8:00	5.1	1:26	-0.1	1:12	-0.5	5:41	8:27	
21	Mon	8:19	3.3	8:53	5.1	2:21	-0.3	2:06	-0.6	5:41	8:27	
22	Tue	9:12	3.3	9:46	5.0	3:13	-0.3	2:58	-0.6	5:41	8:27	
23	Wed	10:05	3.3	10:37	4.9	4:03	-0.3	3:50	-0.5	5:41	8:27	
24	Thu	10:56	3.3	11:25	4.6	4:52	-0.2	4:40	-0.3	5:42	8:28	
25	Fri	11:45	3.3			5:40	0.0	5:32	-0.1	5:42	8:28	
26	Sat	12:12	4.3	12:35	3.3	6:27	0.2	6:25	0.2	5:42	8:28	
27	Sun	12:57	4.0	1:24	3.3	7:12	0.3	7:19	0.5	5:43	8:28	
28	Mon	1:43	3.6	2:15	3.3	7:56	0.5	8:15	0.8	5:43	8:28	
29	Tue	2:31	3.3	3:09	3.4	8:39	0.6	9:11	1.0	5:43	8:28	
30	Wed	3:22	3.1	4:03	3.5	9:22	0.7	10:08	1.1	5:44	8:28	