



NOAA Tide Predictions

Folly Creek, Metompkin Inlet, VA,2026

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

Station Types: The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

Harmonic - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

Subordinate - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

Disclaimer: The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.

Folly Creek, Metompkin Inlet, VA,2026
(37 41.8N / 75 38.1W)

Times and Heights of High and Low Waters

January					February					March													
Time		Height			Time		Height			Time		Height			Time		Height						
1	h	m	ft	cm	16	h	m	ft	cm	1	h	m	ft	cm	16	h	m	ft	cm				
	06:34 AM	4.2	128	12:18 AM		0.0	0	01:32 AM	-0.5		-15	01:23 AM	-0.1	-3		12:28 AM	-0.3	-9	01:08 AM	0.1	3		
	12:58 PM	-0.2	-6	07:05 AM		3.4	104	08:13 AM	4.1		125	08:02 AM	3.7	113		07:09 AM	3.8	116	07:46 AM	3.6	110		
	Th 06:51 PM	2.8	85	F 01:24 PM		0.2	6	Su 02:29 PM	-0.3		-9	M 02:09 PM	0.0	0		Su 01:23 PM	-0.1	-3	M 01:51 PM	0.2	6		
2	12:46 AM	-0.4	-12	17	01:03 AM	0.0	0	2	02:24 AM	-0.6	-18	17	02:07 AM	-0.2	-6	2	01:23 AM	-0.4	-12	17	01:58 AM	-0.1	-3
	07:30 AM	4.4	134		07:48 AM	3.6	110		09:02 AM	4.1	125		08:43 AM	3.8	116		07:57 AM	3.8	116		08:29 AM	3.7	113
	01:53 PM	-0.3	-9		Sa 02:03 PM	0.2	6		M 03:14 PM	-0.3	-9		Tu 02:46 PM	-0.1	-3		M 02:06 PM	-0.2	-6		Tu 02:31 PM	0.0	0
	07:47 PM	2.9	88		07:55 PM	2.6	79		09:16 PM	3.1	94		● 08:55 PM	3.2	98		08:10 PM	3.2	98		08:43 PM	3.5	107
3	01:42 AM	-0.5	-15	18	01:46 AM	-0.1	-3	3	03:13 AM	-0.6	-18	18	02:50 AM	-0.3	-9	3	02:12 AM	-0.4	-12	18	02:45 AM	-0.2	-6
	08:25 AM	4.4	134		08:29 AM	3.7	113		09:47 AM	3.9	119		09:23 AM	3.8	116		08:41 AM	3.7	113		09:11 AM	3.8	116
	04:53 PM	-0.3	-9		Su 02:41 PM	0.1	3		Tu 03:56 PM	-0.3	-9		W 03:24 PM	-0.2	-6		Tu 02:45 PM	-0.3	-9		W 03:10 PM	-0.1	-3
	O 08:41 PM	2.9	88		● 08:38 PM	2.7	82		10:03 PM	3.2	98		09:38 PM	3.4	104		O 08:55 PM	3.4	104		09:27 PM	3.8	116
4	02:35 AM	-0.6	-18	19	02:28 AM	-0.2	-6	4	04:01 AM	-0.5	-15	19	03:35 AM	-0.3	-9	4	02:58 AM	-0.4	-12	19	03:31 AM	-0.3	-9
	09:18 AM	4.4	134		09:10 AM	3.8	116		10:30 AM	3.7	113		10:03 AM	3.8	116		09:22 AM	3.6	110		09:54 AM	3.8	116
	Su 03:35 PM	-0.3	-9		M 03:18 PM	0.0	0		W 04:37 PM	-0.3	-9		Th 10:02 PM	-0.2	-6		W 03:23 PM	-0.3	-9		Th 03:50 PM	-0.2	-6
	09:34 PM	3.0	91		09:20 PM	2.8	85		10:48 PM	3.2	98		10:21 PM	3.6	110		09:37 PM	3.5	107		● 10:12 PM	4.0	122
5	03:27 AM	-0.6	-18	20	03:09 AM	-0.2	-6	5	04:49 AM	-0.3	-9	20	04:21 AM	-0.3	-9	5	03:41 AM	-0.3	-9	20	04:18 AM	-0.4	-12
	10:08 AM	4.2	128		09:49 AM	3.8	116		11:12 AM	3.4	104		10:44 AM	3.6	110		10:01 AM	3.4	104		10:37 AM	3.7	113
	04:23 PM	-0.3	-9		Tu 03:56 PM	0.0	0		Th 05:17 PM	-0.2	-6		F 04:43 PM	-0.2	-6		Th 03:59 PM	-0.2	-6		F 04:31 PM	-0.3	-9
	10:25 PM	3.0	91		10:02 PM	2.9	88		11:33 PM	3.2	98		11:05 PM	3.7	113		10:18 PM	3.5	107		10:57 PM	4.2	128
6	04:19 AM	-0.5	-15	21	03:52 AM	-0.2	-6	6	05:37 AM	-0.1	-3	21	05:11 AM	-0.2	-6	6	04:24 AM	-0.2	-6	21	05:07 AM	-0.3	-9
	10:56 AM	4.0	122		10:28 AM	3.8	116		11:53 AM	3.1	94		11:27 AM	3.3	101		10:40 AM	3.2	98		11:21 AM	3.5	107
	Tu 05:11 PM	-0.3	-9		W 04:34 PM	-0.1	-3		F 05:57 PM	-0.1	-3		Sa 05:26 PM	-0.2	-6		F 04:35 PM	-0.1	-3		Sa 05:14 PM	-0.2	-6
	11:16 PM	3.0	91		10:45 PM	3.0	91		11:53 PM	3.7	113		11:53 PM	3.7	113		10:59 PM	3.5	107		11:44 PM	4.2	128
7	05:12 AM	-0.3	-9	22	04:37 AM	-0.2	-6	7	12:17 AM	3.1	94	22	06:05 AM	-0.1	-3	7	05:08 AM	-0.1	-3	22	05:58 AM	-0.2	-6
	11:43 AM	3.7	113		11:08 AM	3.6	110		06:26 AM	0.0	0		12:13 PM	3.1	94		11:19 AM	3.0	91		12:08 PM	3.3	101
	W 05:58 PM	-0.2	-6		Th 05:14 PM	-0.1	-3		Sa 12:35 PM	2.8	85		Su 06:14 PM	-0.1	-3		Sa 05:13 PM	0.0	0		Su 06:00 PM	-0.2	-6
					11:28 PM	3.2	98		06:39 PM	0.0	0						11:40 PM	3.4	104				
8	12:06 AM	3.0	91	23	05:26 AM	-0.1	-3	8	01:04 AM	3.0	91	23	12:45 AM	3.7	113	8	06:53 AM	0.1	3	23	12:34 AM	4.2	128
	06:06 AM	-0.1	-3		11:49 AM	3.4	104		07:18 AM	0.2	6		07:04 AM	0.0	0		12:59 PM	2.7	82		06:53 AM	-0.1	-3
	Th 12:28 PM	3.3	101		F 05:57 PM	-0.1	-3		Su 01:19 PM	2.5	76		M 01:04 PM	2.8	85		Su 06:53 PM	0.1	3		M 12:57 PM	3.0	91
	06:43 PM	-0.1	-3						07:23 PM	0.1	3		07:07 PM	-0.1	-3						06:52 PM	-0.1	-3
9	12:56 AM	2.9	88	24	12:15 AM	3.3	101	9	01:54 AM	2.9	88	24	01:44 AM	3.6	110	9	01:23 AM	3.3	101	24	01:28 AM	4.0	122
	07:02 AM	0.0	0		06:20 AM	0.0	0		08:12 AM	0.3	9		08:08 AM	0.1	3		07:40 AM	0.3	9		07:53 AM	0.0	0
	F 01:15 PM	2.9	88		Sa 12:34 PM	3.2	98		M 02:09 PM	2.2	67		Tu 02:04 PM	2.5	76		M 01:41 PM	2.5	76		Tu 01:51 PM	2.8	85
	07:29 PM	0.0	0		06:43 PM	-0.1	-3		● 08:10 PM	0.2	6		● 08:07 PM	0.0	0		07:37 PM	0.3	9		07:50 PM	0.0	0
10	01:49 AM	2.9	88	25	01:07 AM	3.3	101	10	02:52 AM	2.9	88	25	02:51 AM	3.5	107	10	02:11 AM	3.1	94	25	02:29 AM	3.8	116
	07:59 AM	0.2	6		07:19 AM	0.1	3		09:10 AM	0.4	12		09:16 AM	0.2	6		08:31 AM	0.4	12		08:58 AM	0.2	6
	Sa 02:04 PM	2.6	79		Su 01:24 PM	2.9	88		Tu 03:06 PM	2.1	64		W 03:12 PM	2.4	73		Tu 02:29 PM	2.3	70		W 02:53 PM	2.6	79
	● 08:14 PM	0.1	3		07:33 PM	-0.1	-3		09:02 PM	0.3	9		09:12 PM	0.0	0		08:26 PM	0.3	9		● 08:54 PM	0.1	3
11	02:44 AM	2.9	88	26	02:04 AM	3.4	104	11	03:54 AM	2.9	88	26	04:03 AM	3.5	107	11	03:07 AM	3.0	91	26	03:38 AM	3.6	110
	08:58 AM	0.3	9		08:22 AM	0.1	3		10:12 AM	0.5	15		10:27 AM	0.2	6		09:27 AM	0.5	15		10:06 AM	0.2	6
	Su 02:57 PM	2.4	73		M 02:22 PM	2.6	79		W 04:06 PM	2.1	64		Th 04:23 PM	2.4	73		W 03:24 PM	2.2	67		Th 04:03 PM	2.5	76
	09:00 PM	0.2	6		● 08:28 PM	-0.1	-3		09:58 PM	0.3	9		10:20 PM	-0.1	-3		● 09:21 PM	0.4	12		10:02 PM	0.1	3
12	03:42 AM	2.9	88	27	03:09 AM	3.5	107	12	04:54 AM	3.0	91	27	05:13 AM	3.6	110	12	04:09 AM	2.9	88	27	04:51 AM	3.5	107
	09:58 AM	0.4	12		09:29 AM	0.1	3		11:13 AM	0.5	15		11:35 AM	0.1	3		10:26 AM	0.6	18		11:14 AM	0.2	6
	M 03:53 PM	2.2	67		Tu 03:27 PM	2.5	76		Th 05:04 PM	2.2	67		F 05:31 PM	2.5	76		Th 04:26 PM	2.2	67		F 05:17 PM	2.6	79
	09:49 PM	0.2	6		09:28 PM	-0.1	-3		10:54 PM	0.2	6		11:27 PM	-0.2	-6		10:19 PM	0.4	12		11:12 PM	0.1	3
13	04:38 AM	3.0	91	28	04:17 AM	3.6	110	13	05:49 AM	3.2	98	28	06:15 AM	3.7	113	13	05:13 AM	3.0	91	28	06:01 AM	3.5	107
	10:58 AM	0.4	12		10:38 AM	0.1	3		12:06 PM	0.4	12		12:34 PM	0.0	0		11:26 AM	0.6	18		12:18 PM	0.2	6
	Tu 04:48 PM	2.2	67		W 04:34 PM	2.4	73		F 05:56 PM	2.3	70		Sa 06:30 PM	2.8	85		F 05:28 PM	2.3	70		Sa 06:23 PM	2.8	85
	10:39 PM	0.2	6		10:31 PM	-0.2	-6		11:48 PM	0.1	3						11:18 PM	0.3	9				
14	05:31 AM	3.1	94	29	05:23 AM	3.8	116	14	06:37 AM	3.4	104	14	06:11 AM	3.2	98	14	06:11 AM	3.2	98	29	12:19 AM	0.0	0
	11:54 AM	0.4	12		11:46 AM	0.0	0		12:51 PM	0.3	9		12:21 PM	0.5	15		12:21 PM	0.5	15		07:00 AM	3.5	107
	W 05:39 PM	2.2	67		Th 05:39 PM	2.5	76		Sa 06:44 PM	2.5	76		Sa 06:23 PM	2.5	76		Sa 06:23 PM	2.5	76		Su 01:11 PM	0.1	3
	11:29 PM	0.1	3		11:35 PM	-0.3	-9										07:19 PM	3.0	91				
15	06:19 AM	3.3	101	30	06:24 AM	3.9	119	15	12:37 AM	0.0	0	15	12:15 AM	0.2	6	15	01:19 AM	-0.1	-3				
	12:42 PM	0.3	9		12:48 PM	-0.1	-3		07:21 AM	3.6	110		07:01 AM	3.4	104		07:49 AM	3.5	107				
	Th 06:27 PM	2.3	70		F 06:39 PM	2.6	79		Su 01:31 PM	0.2	6		Su 01:09 PM	0.3	9		M 01:56 PM	0.0	0				
									07:29 PM	2.8	85		07:13 PM	2.8	85		08:06 PM	3.3	101				
				31	12:36 AM	-0.4	-12									31	02:12 AM	-0.2	-6				
					07:21 AM	4.0	122										08:33 AM	3.5	107				
					Sa 01:41 PM	-0.2	-6										Tu 02:35 PM	-0.1	-3				
					07:34 PM	2.8	85										08:49 PM	3.5	107				

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.

Referenced to Station: OCEAN CITY, FISHING PIER (8570280) Time offset in mins (high: 84 low: 72) Height offset in feet (high: *0.97 low: *0.63)

Folly Creek, Metompkin Inlet, VA,2026
(37 41.8N / 75 38.1W)

Times and Heights of High and Low Waters

April				May				June																																																																																																																																																																																																																																																																																																																																																																																																																												
Time		Height		Time		Height		Time		Height		Time		Height																																																																																																																																																																																																																																																																																																																																																																																																																						
	h m	ft	cm		h m	ft	cm		h m	ft	cm		h m	ft	cm																																																																																																																																																																																																																																																																																																																																																																																																																					
1	02:58 AM	-0.2	-6	16	02:22 AM	-0.2	-6	1	03:21 AM	0.0	0	16	04:17 AM	0.2	6	16	04:25 AM	-0.2	-6																																																																																																																																																																																																																																																																																																																																																																																																																	
	09:14 AM	3.4	104			08:38 AM	3.6		110		10:15 AM		2.8	85			10:25 AM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																																	
	W 03:12 PM	-0.1	-3		Th 02:34 PM	-0.2	-6		F 03:11 PM	0.0	0		M 03:58 PM	0.2	6		Tu 04:16 PM	-0.4	-12																																																																																																																																																																																																																																																																																																																																																																																																																	
	09:30 PM	3.7	113		08:59 PM	4.3	131		○ 09:41 PM	3.9	119		● 09:26 PM	4.8	146		10:39 PM	3.9	119	10:58 PM	4.7	143																																																																																																																																																																																																																																																																																																																																																																																																														
2	03:40 AM	-0.2	-6	17	03:12 AM	-0.3	-9	2	04:00 AM	0.0	0	17	03:46 AM	-0.3	-9	2	04:55 AM	0.2	6	17	05:18 AM	-0.2	-6																																																																																																																																																																																																																																																																																																																																																																																																													
	09:53 AM	3.3	101			09:25 AM	3.6		110		10:02 AM		2.9	88			10:56 AM	2.7	82			11:20 AM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																												
	Th 03:47 PM	-0.1	-3		F 03:17 PM	-0.2	-6		Sa 03:47 PM	0.1	3		Su 03:39 PM	-0.3	-9		Tu 04:37 PM	0.2	6		W 05:11 PM	-0.3	-9																																																																																																																																																																																																																																																																																																																																																																																																													
	○ 10:09 PM	3.8	116		● 09:47 PM	4.5	137		○ 10:20 PM	3.9	119		● 10:18 PM	4.8	146		11:20 PM	3.8	116		11:52 PM	4.5	137																																																																																																																																																																																																																																																																																																																																																																																																													
3	04:21 AM	-0.2	-6	18	04:02 AM	-0.3	-9	3	04:38 AM	0.1	3	18	04:39 AM	-0.3	-9	3	05:35 AM	0.3	9	18	06:12 AM	-0.2	-6																																																																																																																																																																																																																																																																																																																																																																																																													
	10:31 AM	3.2	98			10:12 AM	3.5		107		10:42 AM		3.3	101			11:38 AM	2.7	82			12:15 PM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																												
	F 04:21 PM	-0.1	-3		Sa 04:02 PM	-0.3	-9		Su 04:24 PM	0.1	3		M 04:31 PM	-0.3	-9		W 05:18 PM	0.3	9		Th 06:08 PM	-0.2	-6																																																																																																																																																																																																																																																																																																																																																																																																													
	10:48 PM	3.8	116		10:36 PM	4.6	140		11:01 PM	3.9	119		11:12 PM	4.7	143																																																																																																																																																																																																																																																																																																																																																																																																																					
4	05:00 AM	-0.1	-3	19	04:53 AM	-0.3	-9	4	05:17 AM	0.2	6	19	05:33 AM	-0.2	-6	4	12:01 AM	3.8	116	19	12:44 AM	4.2	128																																																																																																																																																																																																																																																																																																																																																																																																													
	11:10 AM	3.0	91			11:21 AM	2.8		85		11:36 AM		3.2	98			06:16 AM	0.3	9			07:05 AM	-0.1	-3																																																																																																																																																																																																																																																																																																																																																																																																												
	Sa 04:57 PM	0.0	0		Su 04:50 PM	-0.3	-9		M 05:02 PM	0.2	6		Tu 05:25 PM	-0.3	-9		Th 12:20 PM	2.7	82		F 01:11 PM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																													
	11:27 PM	3.7	113		11:27 PM	4.6	140		11:42 PM	3.8	116				06:02 PM		0.3	9	07:08 PM		-0.1	-3																																																																																																																																																																																																																																																																																																																																																																																																														
5	05:41 AM	0.0	0	20	05:46 AM	-0.2	-6	5	05:58 AM	0.3	9	20	12:07 AM	4.5	137	5	12:43 AM	3.7	113	20	01:37 AM	3.8	116																																																																																																																																																																																																																																																																																																																																																																																																													
	11:48 AM	2.9	88			11:51 AM	3.2		98		06:30 AM		-0.1	-3			06:59 AM	0.4	12			07:57 AM	0.0	0																																																																																																																																																																																																																																																																																																																																																																																																												
	Su 05:34 PM	0.1	3		M 05:41 PM	-0.2	-6		Tu 05:43 PM	0.3	9		W 12:31 PM	3.1	94		F 01:03 PM	2.7	82		Sa 02:08 PM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																													
											06:23 PM		-0.1	-3			06:49 PM	0.4	12			08:10 PM	0.1	3																																																																																																																																																																																																																																																																																																																																																																																																												
6	12:08 AM	3.6	110	21	12:20 AM	4.4	134	6	12:24 AM	3.6	110	21	01:03 AM	4.3	131	6	01:25 AM	3.6	110	21	02:29 AM	3.5	107																																																																																																																																																																																																																																																																																																																																																																																																													
	06:23 AM	0.2	6			06:41 AM	0.4		12		07:28 AM		0.0	0			07:43 AM	0.4	12			08:48 AM	0.0	0																																																																																																																																																																																																																																																																																																																																																																																																												
	M 12:28 PM	2.7	82		Tu 12:44 PM	3.0	91		W 12:44 PM	2.6	79		Th 01:29 PM	3.0	91		Sa 01:50 PM	2.8	85		Su 03:07 PM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																													
	06:14 PM	0.2	6		06:36 PM	-0.1	-3		06:27 PM	0.4	12		07:25 PM	0.0	0		07:41 PM	0.4	12		● 09:13 PM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																													
7	12:50 AM	3.5	107	22	01:16 AM	4.2	128	7	01:09 AM	3.5	107	22	02:00 AM	3.9	119	7	02:11 AM	3.4	104	22	03:24 AM	3.1	94																																																																																																																																																																																																																																																																																																																																																																																																													
	07:08 AM	0.3	9			07:43 AM	0.0		0		08:27 AM		0.1	3			08:28 AM	0.4	12			09:37 AM	0.1	3																																																																																																																																																																																																																																																																																																																																																																																																												
	Tu 01:10 PM	2.6	79		W 01:40 PM	2.8	85		Th 01:29 PM	2.6	79		F 02:31 PM	2.9	88		Su 02:41 PM	2.9	88		M 04:08 PM	3.2	98																																																																																																																																																																																																																																																																																																																																																																																																													
	06:58 PM	0.3	9		07:37 PM	0.0	0		07:16 PM	0.4	12		08:30 PM	0.1	3		08:38 PM	0.4	12		10:16 PM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																													
8	01:37 AM	3.3	101	23	02:16 AM	3.9	119	8	01:56 AM	3.4	104	23	03:00 AM	3.6	110	8	03:00 AM	3.3	101	23	04:21 AM	2.8	85																																																																																																																																																																																																																																																																																																																																																																																																													
	07:57 AM	0.5	15			08:46 AM	0.1		3		09:24 AM		0.1	3			09:14 AM	0.3	9			10:25 AM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																												
	W 01:56 PM	2.4	73		Th 02:44 PM	2.7	82		F 02:19 PM	0.5	15		Sa 03:37 PM	3.0	91		M 03:36 PM	3.1	94		Tu 05:06 PM	3.3	101																																																																																																																																																																																																																																																																																																																																																																																																													
	07:48 PM	0.4	12		08:43 PM	0.1	3		08:10 PM	0.5	15		● 09:36 PM	0.2	6		● 09:37 PM	0.4	12		11:20 PM	0.4	12																																																																																																																																																																																																																																																																																																																																																																																																													
9	02:29 AM	3.2	98	24	03:23 AM	3.6	110	9	02:47 AM	3.3	101	24	04:02 AM	3.3	101	9	03:54 AM	3.2	98	24	05:17 AM	2.6	79																																																																																																																																																																																																																																																																																																																																																																																																													
	08:50 AM	0.6	18			09:50 AM	0.2		6		10:18 AM		0.1	3			10:02 AM	0.2	6			11:12 AM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																												
	Th 02:49 PM	2.4	73		F 03:55 PM	2.7	82		Sa 03:14 PM	2.6	79		Su 04:43 PM	3.1	94		Tu 04:34 PM	3.4	104		W 05:58 PM	3.4	104																																																																																																																																																																																																																																																																																																																																																																																																													
	08:43 PM	0.5	15		● 09:52 PM	0.2	6		● 09:08 PM	0.5	15		10:43 PM	0.2	6		10:38 PM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																																	
10	03:27 AM	3.1	94	25	04:33 AM	3.5	107	10	03:42 AM	3.3	101	25	05:03 AM	3.1	94	10	04:51 AM	3.1	94	25	12:20 AM	0.4	12																																																																																																																																																																																																																																																																																																																																																																																																													
	09:45 AM	0.6	18			10:52 AM	0.2		6		11:09 AM		0.2	6			10:52 AM	0.1	3			06:09 AM	2.5	76																																																																																																																																																																																																																																																																																																																																																																																																												
	F 03:49 PM	2.4	73		Sa 05:07 PM	2.8	85		Su 04:13 PM	2.8	85		M 05:43 PM	3.2	98		W 05:30 PM	3.8	116		Th 11:58 AM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																													
	● 09:42 PM	0.5	15		11:01 PM	0.2	6		10:07 PM	0.4	12		11:48 PM	0.3	9		11:41 PM	0.2	6		06:45 PM	3.5	107																																																																																																																																																																																																																																																																																																																																																																																																													
11	04:28 AM	3.1	94	26	05:38 AM	3.3	101	11	04:38 AM	3.3	101	26	05:58 AM	2.9	88	11	05:49 AM	3.1	94	26	01:14 AM	0.4	12																																																																																																																																																																																																																																																																																																																																																																																																													
	10:40 AM	0.6	18			11:48 AM	0.2		6		11:56 AM		0.2	6			11:44 AM	0.0	0			06:57 AM	2.5	76																																																																																																																																																																																																																																																																																																																																																																																																												
	Sa 04:50 PM	2.6	79		Su 06:09 PM	3.1	94		M 05:10 PM	3.1	94		Tu 06:33 PM	3.4	104		Th 06:25 PM	4.1	125		F 12:44 PM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																													
	10:42 PM	0.4	12		11:08 PM	0.3	9		11:08 PM	0.3	9							07:29 PM	3.7		113																																																																																																																																																																																																																																																																																																																																																																																																															
12	05:26 AM	3.2	98	27	12:07 AM	0.1	3	12	05:33 AM	3.3	101	27	12:47 AM	0.2	6	12	12:42 AM	0.1	3	27	02:00 AM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																													
	11:32 AM	0.5	15			06:34 AM	3.3		101		06:47 AM		2.8	85			06:45 AM	3.1	94			07:42 AM	2.6	79																																																																																																																																																																																																																																																																																																																																																																																																												
	Su 05:47 PM	2.8	85		M 12:37 PM	0.1	3		W 12:40 PM	0.1	3		F 12:38 PM	-0.1	-3		Sa 01:29 PM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																																	
	11:41 PM	0.3	9		07:00 PM	3.3	101		07:16 PM	3.6	110		07:20 PM	4.4	134		08:12 PM	3.8	116																																																																																																																																																																																																																																																																																																																																																																																																																	
13	06:18 AM	3.4	104	28	01:06 AM	0.1	3	13	12:07 AM	0.2	6	28	01:38 AM	0.2	6	13	01:42 AM	0.0	0	28	02:40 AM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																													
	12:21 PM	0.3	9			06:25 AM	3.3		101		07:30 AM		2.8	85			07:40 AM	3.1	94			08:25 AM	2.6	79																																																																																																																																																																																																																																																																																																																																																																																																												
	M 06:39 PM	3.2	98		W 12:23 PM	0.1	3		Th 01:21 PM	0.1	3		Sa 01:33 PM	-0.2	-6		Su 02:13 PM	0.2	6		Su 02:13 PM	0.2	6																																																																																																																																																																																																																																																																																																																																																																																																													
					06:54 PM	3.9	119		07:56 PM	3.7	113		08:14 PM	4.7	143		08:55 PM	3.8	116																																																																																																																																																																																																																																																																																																																																																																																																																	
14	12:38 AM	0.1	3	29	01:57 AM	0.0	0	14	01:05 AM	0.0	0	29	02:22 AM	0.2	6	14	02:38 AM	-0.2	-6	29	03:18 AM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																													
	07:06 AM	3.5	107			07:16 AM	3.4		104		08:12 AM		2.7	82			08:35 AM	3.2	98			09:08 AM	2.7	82																																																																																																																																																																																																																																																																																																																																																																																																												
	Tu 01:06 PM	0.2	6		Th 01:11 PM	-0.1	-3		F 02:01 PM	0.1	3		Su 02:27 PM	-0.3	-9		M 02:54 PM	0.1	3		M 02:54 PM	0.1	3																																																																																																																																																																																																																																																																																																																																																																																																													
	07:26 PM	3.6	110		07:44 PM	4.3	131		08:36 PM	3.8	116		09:09 PM	4.8	146		○ 09:37 PM	3.9	119		○ 09:37 PM	3.9	119																																																																																																																																																																																																																																																																																																																																																																																																													
15	01:31 AM	0.0	0	30	02:41 AM	0.0	0	15	02:01 AM	-0.1	-3	30	03:02 AM	0.2	6	15	03:32 AM	-0.2	-6	30	03:55 AM	0.3	9																																																																																																																																																																																																																																																																																																																																																																																																													
	07:52 AM	3.6	110			08:43 AM	3.1		94		08:53 AM		2.7	82			09:30 AM	3.2	98			09:50 AM	2.8	85																																																																																																																																																																																																																																																																																																																																																																																																												
	W 01:50 PM	0.0	0		Th 02:36 PM	0.0	0		F 02:00 PM	-0.2	-6		Sa 02:40 PM	0.1	3		M 03:21 PM	-0.4	-12		Tu 03:35 PM	0.1	3																																																																																																																																																																																																																																																																																																																																																																																																													
	08:13 PM	4.0	122		09:02 PM	3.8	116		08:34 PM	4.6	140		09:16 PM	3.9	119		● 10:04 PM	4.8	146		10:18 PM	3.9	119																																																																																																																																																																																																																																																																																																																																																																																																													

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.

Referenced to Station: OCEAN CITY, FISHING PIER (8570280) Time offset in mins (high: 84 low: 72) Height offset in feet (high: *0.97 low: *0.63)

Folly Creek, Metompkin Inlet, VA,2026
(37 41.8N / 75 38.1W)

Times and Heights of High and Low Waters

July				August				September																				
Time		Height		Time		Height		Time		Height		Time		Height														
	h m	ft	cm		h m	ft	cm		h m	ft	cm		h m	ft	cm													
1	04:32 AM	0.3	9	16	04:58 AM	-0.2	-6	1	05:14 AM	0.2	6	16	12:01 AM	3.7	113	16	12:42 AM	3.1	94									
	10:32 AM	2.8	85			11:02 AM	3.4		104		05:58 AM		0.1	3			06:36 AM	0.3	9									
	W 04:15 PM	0.1	3		Th 04:56 PM	-0.3	-9		Sa 05:19 PM	0.1	3		Su 06:20 PM	0.0	0		W 12:28 PM	4.1	125	W 01:10 PM	3.8	116						
	10:58 PM	3.9	119			11:32 PM	4.4		134		11:48 PM		3.9	119			06:38 PM	0.2	6		07:30 PM	0.5	15					
2	05:09 AM	0.3	9	17	05:45 AM	-0.2	-6	2	05:52 AM	0.2	6	17	12:34 AM	3.5	107	2	12:45 AM	3.4	104	17	01:26 AM	2.8	85					
	11:14 AM	2.9	88			11:55 AM	3.5		107		06:36 AM		0.1	3			06:43 AM	0.2	6			07:21 AM	0.5	15				
	Th 04:56 PM	0.2	6		F 05:50 PM	-0.2	-6		Su 06:05 PM	0.2	6		M 01:01 PM	3.7	113		W 01:17 PM	4.1	125		Th 01:59 PM	3.6	110					
	11:37 PM	3.9	119							07:12 PM	0.2		6		07:35 PM		0.3	9			08:24 PM	0.7	21					
3	05:48 AM	0.3	9	18	12:20 AM	4.1	125	3	12:27 AM	3.7	113	18	01:17 AM	3.2	98	3	01:34 AM	3.2	98	18	02:15 AM	2.6	79					
	11:55 AM	3.0	91			06:31 AM	0.2		6		07:20 AM		0.2	6			07:34 AM	0.2	6			08:12 AM	0.6	18				
	F 05:39 PM	0.2	6		Sa 12:46 PM	3.5	107		M 12:53 PM	3.6	110		Tu 01:48 PM	3.6	110		Th 02:12 PM	4.1	125		F 02:54 PM	3.4	104					
						06:46 PM	0.0		0		06:56 PM		0.3	9			08:07 PM	0.4	12			08:37 PM	0.4	12		09:22 PM	0.8	24
4	12:16 AM	3.8	116	19	01:07 AM	3.7	113	4	01:09 AM	3.5	107	19	02:03 AM	2.9	88	4	02:30 AM	2.9	88	19	03:12 AM	2.5	76					
	06:27 AM	0.3	9			07:19 AM	0.0		0		08:05 AM		0.3	9			08:33 AM	0.3	9			09:08 AM	0.6	18				
	Sa 12:37 PM	3.0	91		Su 01:37 PM	3.4	104		Tu 01:41 PM	3.7	113		W 02:40 PM	3.5	107		F 03:16 PM	4.0	122		Sa 03:57 PM	3.4	104					
	06:26 PM	0.3	9			07:43 PM	0.1		3		07:51 PM		0.3	9			09:03 PM	0.6	18			09:43 PM	0.5	15		10:22 PM	0.8	24
5	12:55 AM	3.7	113	20	01:54 AM	3.3	101	5	01:55 AM	3.2	98	20	02:54 AM	2.6	79	5	03:36 AM	2.8	85	20	04:15 AM	2.5	76					
	07:08 AM	0.2	6			08:05 AM	0.1		3		08:01 AM		0.2	6			08:54 AM	0.4	12			09:36 AM	0.3	9		10:06 AM	0.6	18
	Su 01:22 PM	3.1	94		M 02:29 PM	3.4	104		W 02:34 PM	3.8	116		Th 03:37 PM	3.4	104		Sa 04:26 PM	4.0	122		Su 05:00 PM	3.4	104					
	07:17 PM	0.3	9			08:42 PM	0.3		9		08:51 PM		0.4	12			10:03 PM	0.7	21			10:52 PM	0.5	15		11:20 PM	0.8	24
6	01:37 AM	3.5	107	21	02:43 AM	2.9	88	6	02:49 AM	3.0	91	21	03:51 AM	2.5	76	6	04:48 AM	2.8	85	21	05:17 AM	2.7	82					
	07:50 AM	0.2	6			08:52 AM	0.2		6		09:47 AM		0.5	15			10:43 AM	0.2	6			11:05 AM	0.6	18				
	02:09 PM	3.3	101		Tu 03:24 PM	3.3	101		Th 03:35 PM	3.9	119		F 04:39 PM	3.3	101		Su 05:36 PM	4.1	125		M 05:57 PM	3.5	107					
	08:12 PM	0.4	12		● 09:42 PM	0.4	12		● 09:56 PM	0.4	12			11:05 PM	0.7		21		11:59 PM		0.4	12						
7	02:24 AM	3.3	101	22	03:36 AM	2.7	82	7	03:51 AM	2.8	85	22	04:53 AM	2.4	73	7	05:57 AM	2.9	88	22	12:11 AM	0.7	21					
	08:35 AM	0.2	6			09:52 AM	0.2		6		10:43 AM		0.5	15			11:51 AM	0.1	3			06:12 AM	2.9	88				
	Tu 03:03 PM	3.5	107		F 04:41 PM	4.0	122		Sa 05:40 PM	3.4	104		M 06:40 PM	4.2	128		Tu 12:00 PM	0.5	15									
	● 09:11 PM	0.4	12			11:03 PM	0.4		12								06:45 PM	3.7	113									
8	03:17 AM	3.1	94	23	04:33 AM	2.5	76	8	04:58 AM	2.8	85	23	12:06 AM	0.7	21	8	01:00 AM	0.3	9	23	12:55 AM	0.6	18					
	09:24 AM	0.2	6			10:55 AM	0.1		3		05:52 AM		2.5	76			06:58 AM	3.2	98			07:00 AM	3.2	98				
	W 04:01 PM	3.7	113		Sa 05:47 PM	4.1	125		Su 11:39 AM	0.5	15		Tu 12:55 PM	0.0	0		W 12:52 PM	0.4	12									
	10:14 PM	0.4	12							06:34 PM	3.6		110		07:35 PM		4.3	131			07:28 PM	3.9	119					
9	04:16 AM	2.9	88	24	05:31 AM	2.4	73	9	12:10 AM	0.3	9	24	12:57 AM	0.6	18	9	01:51 AM	0.1	3	24	01:34 AM	0.4	12					
	10:17 AM	0.1	3			06:05 AM	2.8		85		06:44 AM		2.7	82			07:53 AM	3.5	107			07:44 AM	3.5	107				
	Th 05:02 PM	3.9	119		Su 11:59 AM	0.0	0		M 12:33 PM	0.4	12		W 01:53 PM	-0.1	-3		Th 01:40 PM	0.3	9									
	11:19 PM	0.3	9			06:50 PM	4.3		131		07:21 PM		3.7	113			08:25 PM	4.3	131			08:08 PM	4.0	122				
10	05:19 AM	2.9	88	25	12:44 AM	0.5	15	10	01:14 AM	0.2	6	25	01:39 AM	0.5	15	10	02:37 AM	0.0	0	25	02:11 AM	0.3	9					
	11:14 AM	0.0	0			06:24 AM	2.4		73		07:31 AM		2.9	88			08:44 AM	3.7	113			08:26 AM	3.8	116				
	F 06:02 PM	4.2	128		Sa 12:11 PM	0.4	12		M 01:02 PM	-0.1	-3		Tu 01:22 PM	0.3	9		Th 02:46 PM	-0.2	-6		F 02:25 PM	0.1	3					
						07:03 PM	3.6		110		07:48 PM		4.5	137			08:04 PM	3.9	119			08:49 PM	4.0	122				
11	12:24 AM	0.2	6	26	01:33 AM	0.5	15	11	02:10 AM	0.1	3	26	02:17 AM	0.4	12	11	03:19 AM	-0.1	-3	26	02:49 AM	0.2	6					
	06:20 AM	2.9	88			07:13 AM	2.5		76		08:14 AM		3.1	94			09:31 AM	3.9	119			09:08 AM	4.1	125				
	Sa 12:14 PM	-0.1	-3		Su 01:01 PM	0.3	9		W 02:07 PM	0.2	6		F 03:35 PM	-0.2	-6		Sa 03:10 PM	0.1	3									
	07:02 PM	4.4	134			07:49 PM	3.7		113		08:44 PM		4.0	122	● 09:56 PM		4.1	125	○ 09:29 PM		4.0	122						
12	01:26 AM	0.1	3	27	02:14 AM	0.4	12	12	03:00 AM	-0.1	-3	27	02:52 AM	0.3	9	12	03:58 AM	-0.1	-3	27	03:26 AM	0.1	3					
	07:20 AM	3.0	91			08:59 AM	3.4		104		08:57 AM		3.4	104			10:16 AM	4.1	125			09:50 AM	4.3	131				
	Su 01:14 PM	-0.2	-6		W 02:57 PM	-0.3	-9		Th 02:50 PM	0.1	3		Sa 04:21 PM	-0.1	-3		Su 03:55 PM	0.0	0									
	08:00 PM	4.6	140		● 09:33 PM	4.5	137			09:23 PM	4.1		125		10:38 PM		3.9	119			10:11 PM	3.9	119					
13	02:24 AM	-0.1	-3	28	02:52 AM	0.4	12	13	03:46 AM	-0.1	-3	28	03:27 AM	0.2	6	13	04:36 AM	0.0	0	28	04:05 AM	0.0	0					
	08:17 AM	3.1	94			09:51 AM	3.6		110		09:38 AM		3.6	110			10:59 AM	4.1	125			10:33 AM	4.5	137				
	M 02:12 PM	-0.3	-9		Th 03:49 PM	-0.3	-9		F 03:32 PM	0.1	3		Su 05:07 PM	0.0	0		M 04:42 PM	0.0	0									
	08:56 PM	4.7	143			10:21 PM	4.4		134	○ 10:01 PM	4.1		125		11:19 PM		3.6	110			10:54 PM	3.8	116					
14	03:18 AM	-0.1	-3	29	03:27 AM	0.3	9	14	04:30 AM	-0.2	-6	29	04:03 AM	0.1	3	14	05:15 AM	0.1	3	29	04:46 AM	0.0	0					
	09:14 AM	3.2	98			10:41 AM	3.7		113		10:19 AM		3.8	116			11:42 AM	4.1	125			11:19 AM	4.6	140				
	Tu 03:08 PM	-0.4	-12		F 04:39 PM	-0.3	-9		Sa 04:15 PM	0.1	3		M 05:53 PM	0.2	6		Tu 05:31 PM	0.1	3									
	● 09:50 PM	4.7	143			11:07 PM	4.2		128		10:40 PM		4.0	122							11:39 PM	3.6	110					
15	04:09 AM	-0.2	-6	30	04:03 AM	0.2	6	15	05:12 AM	-0.1	-3	30	04:39 AM	0.1	3	15	12:00 AM	3.3	101	30	05:30 AM	0.1	3					
	10:09 AM	3.3	101			11:28 AM	3.8		116		11:00 AM		4.0	122			05:54 AM	0.2	6			12:07 PM	4.5	137				
	W 04:02 PM	-0.4	-12		Sa 05:30 PM	-0.1	-3		Su 04:59 PM	0.1	3		Tu 12:25 PM	3.9	119		W 06:24 PM	0.2	6									
	10:42 PM	4.6	140			11:51 PM	3.9		119		11:20 PM		3.9	119			06:40 PM	0.3	9									
16	04:38 AM	0.2	6	31	10:48 AM	3.3	101	31	05:17 AM	0.1	3	31	05:17 AM	0.1	3	31	05:17 AM	0.1	3	31	05:17 AM	0.1	3					
	10:48 AM	3.3	101			11:43 AM	4.1		125		11:43 AM		4.1	125														
	F 04:35 PM	0.1	3																									
	11:10 PM	4.0	122																									

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.

Referenced to Station: OCEAN CITY, FISHING PIER (8570280) Time offset in mins (high: 84 low: 72) Height offset in feet (high: *0.97 low: *0.63)



StationId: 8630839
Source: NOAA/NOS/CO-OPS
Station Type: Subordinate
Time Zone: LST_LDT
Datum: MLLW

NOAA Tide Predictions

Folly Creek, Metompkin Inlet, VA, 2026 (37 41.8N / 75 38.1W) Times and Heights of High and Low Waters

October					November					December				
Time		Height			Time		Height			Time		Height		
h	m	ft	cm		h	m	ft	cm		h	m	ft	cm	
1	12:26 AM	3.3	101		16	12:54 AM	2.8	85		1	02:01 AM	3.0	91	
	06:20 AM	0.1	3			06:43 AM	0.5	15			08:02 AM	0.1	3	
Th	12:59 PM	4.4	134		F	01:25 PM	3.6	110		Tu	02:29 PM	3.4	104	
	07:23 PM	0.3	9			07:48 PM	0.7	21			08:48 PM	0.1	3	
2	01:19 AM	3.1	94		17	01:42 AM	2.6	79		2	03:10 AM	3.0	91	
	07:16 AM	0.2	6			07:33 AM	0.6	18			09:10 AM	0.2	6	
F	01:57 PM	4.2	128		Sa	02:17 PM	3.5	107		W	03:31 PM	3.1	94	
	08:26 PM	0.4	12			08:43 PM	0.7	21			09:42 PM	0.1	3	
3	02:19 AM	2.9	88		18	02:36 AM	2.6	79		3	04:15 AM	3.2	98	
	08:19 AM	0.3	9			08:29 AM	0.6	18			10:17 AM	0.2	6	
Sa	03:03 PM	4.1	125		Su	03:14 PM	3.4	104		Th	04:30 PM	2.9	88	
	09:33 PM	0.5	15			09:38 PM	0.8	24			10:32 PM	0.1	3	
4	03:28 AM	2.8	85		19	03:36 AM	2.6	79		4	05:11 AM	3.4	104	
	09:27 AM	0.3	9			09:28 AM	0.7	21			11:22 AM	0.2	6	
Su	04:14 PM	4.0	122		M	04:14 PM	3.4	104		F	05:24 PM	2.8	85	
	10:40 PM	0.4	12			10:30 PM	0.7	21			11:19 PM	0.1	3	
5	04:42 AM	2.9	88		20	04:39 AM	2.7	82		5	05:59 AM	3.6	110	
	10:36 AM	0.3	9			10:27 AM	0.6	18			12:18 PM	0.2	6	
M	05:24 PM	3.9	119		Tu	05:10 PM	3.5	107		Sa	06:11 PM	2.7	82	
	11:43 PM	0.4	12			11:19 PM	0.6	18						
6	05:51 AM	3.1	94		21	05:35 AM	3.0	91		6	12:04 AM	0.0	0	
	11:44 AM	0.2	6			11:24 AM	0.5	15			06:42 AM	3.7	113	
Tu	06:25 PM	3.9	119		W	06:00 PM	3.6	110		Su	01:06 PM	0.1	3	
7	12:38 AM	0.2	6								06:54 PM	2.7	82	
	06:50 AM	3.4	104		22	12:04 AM	0.5	15		7	12:46 AM	0.0	0	
W	12:47 PM	0.1	3			06:24 AM	3.3	101			07:23 AM	3.8	116	
	07:17 PM	3.9	119		Th	12:19 PM	0.4	12		M	01:48 PM	0.1	3	
8	01:26 AM	0.1	3			06:46 PM	3.7	113			07:35 PM	2.7	82	
	07:40 AM	3.7	113		23	12:47 AM	0.3	9		8	01:26 AM	0.0	0	
Th	01:44 PM	0.0	0			07:10 AM	3.7	113			08:04 AM	3.8	116	
	08:04 PM	3.9	119		F	01:11 PM	0.3	9		Tu	02:27 PM	0.1	3	
9	02:08 AM	0.0	0			07:30 PM	3.7	113			08:16 PM	2.7	82	
	08:25 AM	3.9	119		24	01:29 AM	0.2	6		9	02:06 AM	0.0	0	
F	02:34 PM	0.0	0			07:54 AM	4.1	125			08:45 AM	3.8	116	
	08:47 PM	3.8	116		Sa	02:00 PM	0.1	3		W	03:04 PM	0.1	3	
10	02:47 AM	0.0	0			08:14 PM	3.8	116			08:57 PM	2.7	82	
	09:08 AM	4.1	125		25	02:10 AM	0.0	0		10	02:45 AM	0.0	0	
Sa	03:19 PM	0.0	0			08:38 AM	4.4	134			09:26 AM	3.8	116	
	09:28 PM	3.6	110		Su	02:49 PM	0.0	0		Th	03:42 PM	0.2	6	
11	03:24 AM	0.0	0			08:58 PM	3.7	113			09:38 PM	2.7	82	
	09:50 AM	4.2	128		26	02:52 AM	-0.1	-3		11	03:24 AM	0.0	0	
Su	04:02 PM	0.0	0			09:23 AM	4.7	143			10:07 AM	3.8	116	
	10:09 PM	3.5	107		M	03:37 PM	-0.1	-3		F	04:21 PM	0.2	6	
12	04:01 AM	0.0	0			09:44 PM	3.7	113			10:20 PM	2.6	79	
	10:30 AM	4.2	128		27	03:36 AM	-0.1	-3		12	04:04 AM	0.1	3	
M	04:44 PM	0.1	3			10:10 AM	4.8	146			10:48 AM	3.7	113	
	10:49 PM	3.3	101		Tu	04:26 PM	-0.1	-3		Sa	05:01 PM	0.3	9	
13	04:38 AM	0.1	3			10:31 PM	3.5	107			11:02 PM	2.6	79	
	11:11 AM	4.1	125		28	04:21 AM	-0.1	-3		13	04:46 AM	0.2	6	
Tu	05:26 PM	0.2	6			11:00 AM	4.8	146			11:28 AM	3.6	110	
	11:29 PM	3.1	94		W	05:17 PM	0.0	0		Su	05:43 PM	0.3	9	
14	05:17 AM	0.2	6			11:20 PM	3.4	104			11:45 PM	2.6	79	
	11:53 AM	4.0	122		29	05:10 AM	-0.1	-3		14	05:31 AM	0.3	9	
W	06:10 PM	0.4	12			11:52 AM	4.7	143			12:09 PM	3.4	104	
15	12:11 AM	2.9	88		Th	06:12 PM	0.1	3		M	06:25 PM	0.3	9	
	05:58 AM	0.4	12		30	12:12 AM	3.2	98		15	12:30 AM	2.6	79	
Th	12:37 PM	3.8	116			06:00 AM	0.0	0			06:20 AM	0.3	9	
	06:57 PM	0.5	15		F	12:46 PM	4.5	137		Tu	12:52 PM	3.3	101	
16	12:26 AM	3.3	101			07:11 PM	0.2	6			07:08 PM	0.3	9	
17	01:19 AM	3.1	94		31	01:08 AM	3.0	91		16	01:02 AM	2.6	79	
18	02:19 AM	2.9	88			07:03 AM	0.1	3			06:53 AM	0.5	15	
19	03:28 AM	2.8	85			07:20 PM	3.2	98		M	01:32 PM	3.4	104	
20	04:42 AM	2.9	88								07:53 PM	0.6	18	
21	05:51 AM	3.1	94							17	01:57 AM	2.6	79	
22	07:05 AM	3.9	119								07:49 AM	0.6	18	
23	08:15 AM	4.1	125							Tu	02:24 PM	3.3	101	
24	09:25 AM	4.3	131								08:41 PM	0.5	15	
25	10:35 AM	4.5	137							18	02:56 AM	2.8	85	
26	11:45 AM	4.7	143								08:48 AM	0.5	15	
27	12:55 AM	4.9	149							W	03:18 PM	3.2	98	
28	01:05 AM	5.0	152								09:28 PM	0.4	12	
29	02:15 AM	5.1	155							3	04:15 AM	3.2	98	
30	03:25 AM	5.2	158							4	05:11 AM	3.4	104	
31	04:35 AM	5.3	161							5	05:59 AM	3.6	110	
										6	12:18 PM	0.2	6	
										7	12:46 AM	0.0	0	
										8	01:26 AM	0.0	0	
										9	02:06 AM	0.0	0	
										10	02:45 AM	0.0	0	
										11	03:24 AM	0.0	0	
										12	04:04 AM	0.1	3	

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