

Metompkin Inlet, VA - Jul 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:18	3.3	6:56	4.4	12:14	0.2	12:11	-0.2	5:44	8:28	
2	Wed	7:11	3.3	7:44	4.5	1:12	0.1	1:02	-0.3	5:45	8:27	
3	Thu	8:00	3.3	8:30	4.5	2:02	0.0	1:50	-0.3	5:45	8:27	
4	Fri	8:46	3.3	9:15	4.5	2:47	-0.1	2:36	-0.3	5:46	8:27	
5	Sat	9:31	3.4	9:57	4.5	3:29	-0.1	3:19	-0.2	5:46	8:27	
6	Sun	10:15	3.4	10:39	4.4	4:08	0.0	4:01	-0.1	5:47	8:27	
7	Mon	10:58	3.4	11:20	4.2	4:48	0.1	4:43	0.1	5:47	8:26	
8	Tue	11:41	3.4			5:27	0.2	5:27	0.3	5:48	8:26	
9	Wed	12:01	4.1	12:24	3.4	6:07	0.4	6:12	0.6	5:48	8:26	
10	Thu	12:42	3.9	1:09	3.4	6:48	0.5	7:00	0.8	5:49	8:25	
11	Fri	1:25	3.6	1:56	3.4	7:31	0.6	7:50	1.0	5:50	8:25	
12	Sat	2:11	3.5	2:46	3.5	8:14	0.7	8:43	1.1	5:50	8:25	
13	Sun	3:00	3.3	3:40	3.6	9:00	0.7	9:38	1.1	5:51	8:24	
14	Mon	3:54	3.2	4:35	3.8	9:49	0.7	10:34	1.0	5:52	8:24	
15	Tue	4:49	3.2	5:28	4.1	10:40	0.5	11:31	0.8	5:52	8:23	
16	Wed	5:44	3.3	6:20	4.4	11:32	0.3			5:53	8:23	
17	Thu	6:36	3.5	7:10	4.7	12:27	0.6	12:26	0.1	5:54	8:22	
18	Fri	7:28	3.7	8:00	5.0	1:20	0.3	1:18	-0.2	5:55	8:22	
19	Sat	8:19	3.8	8:50	5.2	2:10	-0.1	2:10	-0.5	5:55	8:21	
20	Sun	9:11	4.0	9:40	5.2	2:59	-0.3	3:01	-0.6	5:56	8:20	
21	Mon	10:03	4.2	10:30	5.2	3:48	-0.5	3:52	-0.7	5:57	8:20	
22	Tue	10:55	4.3	11:21	5.0	4:37	-0.6	4:46	-0.7	5:58	8:19	
23	Wed	11:47	4.3			5:26	-0.6	5:41	-0.5	5:58	8:18	
24	Thu	12:11	4.7	12:41	4.3	6:18	-0.5	6:40	-0.2	5:59	8:17	
25	Fri	1:03	4.4	1:37	4.2	7:10	-0.4	7:41	0.0	6:00	8:17	
26	Sat	1:57	4.0	2:37	4.2	8:05	-0.2	8:45	0.3	6:01	8:16	
27	Sun	2:56	3.6	3:41	4.1	9:00	-0.1	9:50	0.4	6:02	8:15	
28	Mon	3:58	3.3	4:46	4.1	9:57	0.0	10:57	0.5	6:02	8:14	
29	Tue	5:02	3.2	5:46	4.2	10:55	0.1			6:03	8:13	
30	Wed	6:01	3.1	6:40	4.2	12:01	0.5	11:51 AM	0.1	6:04	8:12	
31	Thu	6:54	3.2	7:28	4.3	12:58	0.4	12:44	0.1	6:05	8:11	