

Metompkin Inlet, VA - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:34	3.8	9:07	5.4	2:28	-0.5	2:24	-0.8	5:44	8:27	
2	Sun	9:29	3.8	10:01	5.4	3:21	-0.6	3:17	-0.9	5:45	8:27	
3	Mon	10:24	3.9	10:54	5.3	4:13	-0.7	4:11	-0.9	5:45	8:27	
4	Tue	11:18	3.8	11:47	5.0	5:06	-0.6	5:06	-0.7	5:46	8:27	
5	Wed			12:13	3.8	5:59	-0.5	6:04	-0.4	5:46	8:27	
6	Thu	12:39	4.6	1:09	3.7	6:53	-0.3	7:04	-0.1	5:47	8:27	
7	Fri	1:32	4.2	2:07	3.7	7:46	-0.2	8:06	0.2	5:47	8:26	
8	Sat	2:27	3.8	3:07	3.6	8:39	0.0	9:09	0.4	5:48	8:26	
9	Sun	3:25	3.4	4:09	3.7	9:31	0.2	10:13	0.6	5:49	8:26	
10	Mon	4:23	3.2	5:08	3.8	10:21	0.3	11:16	0.7	5:49	8:25	
11	Tue	5:20	3.0	5:59	3.9	11:11	0.3			5:50	8:25	
12	Wed	6:11	3.0	6:45	4.0	12:15	0.6	11:59 AM	0.4	5:51	8:25	
13	Thu	6:57	3.0	7:28	4.1	1:06	0.6	12:45	0.3	5:51	8:24	
14	Fri	7:41	3.1	8:10	4.3	1:49	0.5	1:28	0.3	5:52	8:24	
15	Sat	8:24	3.2	8:51	4.3	2:27	0.5	2:09	0.2	5:53	8:23	
16	Sun	9:06	3.2	9:32	4.4	3:04	0.4	2:50	0.2	5:53	8:23	
17	Mon	9:48	3.3	10:12	4.4	3:40	0.4	3:29	0.2	5:54	8:22	
18	Tue	10:29	3.4	10:52	4.4	4:17	0.4	4:09	0.3	5:55	8:21	
19	Wed	11:10	3.4	11:31	4.3	4:55	0.4	4:51	0.4	5:56	8:21	
20	Thu	11:51	3.5			5:34	0.5	5:34	0.5	5:56	8:20	
21	Fri	12:10	4.2	12:33	3.5	6:14	0.5	6:21	0.7	5:57	8:19	
22	Sat	12:51	4.0	1:19	3.6	6:57	0.5	7:12	0.8	5:58	8:19	
23	Sun	1:35	3.8	2:08	3.8	7:42	0.5	8:08	0.8	5:59	8:18	
24	Mon	2:25	3.7	3:04	3.9	8:30	0.5	9:08	0.8	5:59	8:17	
25	Tue	3:21	3.5	4:03	4.2	9:22	0.4	10:10	0.7	6:00	8:16	
26	Wed	4:22	3.5	5:04	4.5	10:17	0.2	11:13	0.5	6:01	8:16	
27	Thu	5:23	3.5	6:03	4.8	11:15	0.0			6:02	8:15	
28	Fri	6:23	3.6	7:01	5.0	12:16	0.2	12:14	-0.3	6:03	8:14	
29	Sat	7:20	3.7	7:56	5.2	1:15	-0.1	1:12	-0.6	6:04	8:13	
30	Sun	8:16	3.9	8:51	5.3	2:11	-0.3	2:08	-0.8	6:04	8:12	
31	Mon	9:11	4.0	9:44	5.3	3:03	-0.5	3:03	-0.9	6:05	8:11	