

Metompkin Inlet, VA - Jul 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:49	3.2	6:27	4.2	11:40	0.0			5:44	8:28	
2	Mon	6:41	3.1	7:15	4.3	12:43	0.3	12:30	0.0	5:45	8:27	
3	Tue	7:30	3.1	8:00	4.4	1:36	0.2	1:17	0.0	5:45	8:27	
4	Wed	8:15	3.1	8:44	4.4	2:21	0.1	2:02	0.0	5:46	8:27	
5	Thu	8:59	3.1	9:26	4.4	3:03	0.1	2:44	0.0	5:46	8:27	
6	Fri	9:42	3.2	10:08	4.4	3:42	0.2	3:25	0.0	5:47	8:27	
7	Sat	10:24	3.2	10:49	4.3	4:20	0.3	4:06	0.1	5:47	8:26	
8	Sun	11:07	3.2	11:30	4.2	4:59	0.4	4:48	0.3	5:48	8:26	
9	Mon	11:49	3.2			5:38	0.5	5:31	0.5	5:48	8:26	
10	Tue	12:10	4.1	12:32	3.2	6:18	0.6	6:16	0.7	5:49	8:25	
11	Wed	12:51	3.9	1:16	3.3	6:59	0.7	7:05	0.9	5:50	8:25	
12	Thu	1:34	3.7	2:04	3.4	7:41	0.7	7:56	1.0	5:50	8:25	
13	Fri	2:20	3.5	2:55	3.5	8:24	0.7	8:51	1.0	5:51	8:24	
14	Sat	3:10	3.4	3:49	3.7	9:10	0.7	9:48	1.0	5:52	8:24	
15	Sun	4:04	3.3	4:44	4.0	9:58	0.6	10:47	0.9	5:52	8:23	
16	Mon	5:00	3.3	5:38	4.3	10:50	0.4	11:46	0.7	5:53	8:23	
17	Tue	5:56	3.3	6:32	4.6	11:43	0.2			5:54	8:22	
18	Wed	6:50	3.5	7:24	4.9	12:43	0.4	12:38	-0.1	5:55	8:22	
19	Thu	7:43	3.6	8:17	5.2	1:38	0.1	1:32	-0.4	5:55	8:21	
20	Fri	8:36	3.7	9:09	5.3	2:31	-0.2	2:25	-0.6	5:56	8:20	
21	Sat	9:30	3.9	10:02	5.4	3:21	-0.4	3:18	-0.7	5:57	8:20	
22	Sun	10:23	4.0	10:53	5.2	4:12	-0.5	4:12	-0.8	5:58	8:19	
23	Mon	11:17	4.1	11:45	5.0	5:02	-0.5	5:07	-0.6	5:58	8:18	
24	Tue			12:11	4.1	5:53	-0.5	6:05	-0.4	5:59	8:17	
25	Wed	12:36	4.6	1:06	4.1	6:45	-0.4	7:05	-0.1	6:00	8:17	
26	Thu	1:29	4.2	2:04	4.0	7:38	-0.2	8:08	0.2	6:01	8:16	
27	Fri	2:24	3.8	3:05	4.0	8:31	0.0	9:13	0.4	6:02	8:15	
28	Sat	3:23	3.4	4:09	4.0	9:24	0.1	10:20	0.6	6:03	8:14	
29	Sun	4:25	3.1	5:11	4.0	10:19	0.2	11:26	0.6	6:03	8:13	
30	Mon	5:26	3.0	6:07	4.1	11:13	0.3			6:04	8:12	
31	Tue	6:21	3.0	6:57	4.2	12:28	0.6	12:06	0.3	6:05	8:11	