

Metompkin Inlet, VA - Jul 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:56	3.5	8:31	5.3	1:55	-0.2	1:44	-0.6	5:44	8:27	
2	Fri	8:52	3.5	9:26	5.3	2:50	-0.4	2:39	-0.8	5:45	8:27	
3	Sat	9:47	3.6	10:21	5.3	3:43	-0.5	3:33	-0.8	5:45	8:27	
4	Sun	10:42	3.6	11:13	5.1	4:35	-0.5	4:28	-0.7	5:46	8:27	
5	Mon	11:36	3.6			5:27	-0.4	5:24	-0.5	5:46	8:27	
6	Tue	12:05	4.7	12:30	3.6	6:19	-0.2	6:22	-0.2	5:47	8:27	
7	Wed	12:56	4.3	1:25	3.6	7:10	-0.1	7:22	0.2	5:47	8:26	
8	Thu	1:47	3.9	2:22	3.6	8:00	0.1	8:23	0.4	5:48	8:26	
9	Fri	2:39	3.5	3:20	3.6	8:48	0.3	9:25	0.7	5:49	8:26	
10	Sat	3:34	3.2	4:19	3.7	9:35	0.4	10:28	0.8	5:49	8:25	
11	Sun	4:31	2.9	5:14	3.8	10:23	0.5	11:29	0.9	5:50	8:25	
12	Mon	5:25	2.8	6:03	3.9	11:10	0.6			5:51	8:25	
13	Tue	6:15	2.8	6:49	4.0	12:26	0.8	11:58 AM	0.6	5:51	8:24	
14	Wed	7:02	2.8	7:33	4.1	1:14	0.8	12:44	0.5	5:52	8:24	
15	Thu	7:46	2.9	8:16	4.3	1:56	0.7	1:29	0.4	5:53	8:23	
16	Fri	8:29	3.0	8:58	4.4	2:34	0.6	2:11	0.3	5:53	8:23	
17	Sat	9:11	3.2	9:39	4.4	3:11	0.6	2:52	0.3	5:54	8:22	
18	Sun	9:53	3.2	10:19	4.5	3:48	0.5	3:33	0.3	5:55	8:21	
19	Mon	10:35	3.3	10:59	4.4	4:25	0.5	4:14	0.3	5:56	8:21	
20	Tue	11:16	3.4	11:37	4.3	5:03	0.5	4:56	0.4	5:56	8:20	
21	Wed	11:58	3.5			5:41	0.5	5:42	0.5	5:57	8:19	
22	Thu	12:17	4.2	12:41	3.6	6:22	0.5	6:32	0.6	5:58	8:19	
23	Fri	12:58	4.0	1:28	3.8	7:04	0.5	7:26	0.7	5:59	8:18	
24	Sat	1:44	3.7	2:20	3.9	7:49	0.4	8:25	0.7	6:00	8:17	
25	Sun	2:36	3.5	3:18	4.1	8:38	0.4	9:28	0.7	6:00	8:16	
26	Mon	3:35	3.3	4:20	4.4	9:32	0.3	10:33	0.6	6:01	8:16	
27	Tue	4:38	3.2	5:23	4.6	10:30	0.1	11:39	0.5	6:02	8:15	
28	Wed	5:41	3.2	6:24	4.9	11:30	-0.1			6:03	8:14	
29	Thu	6:42	3.3	7:22	5.1	12:43	0.3	12:31	-0.3	6:04	8:13	
30	Fri	7:40	3.5	8:18	5.2	1:41	0.0	1:30	-0.5	6:04	8:12	
31	Sat	8:36	3.6	9:12	5.2	2:35	-0.2	2:26	-0.7	6:05	8:11	