

Metompkin Inlet, VA - Jul 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:55	3.8	1:20	3.2	7:06	0.7	7:10	0.8	5:44	8:28	
2	Sun	1:38	3.6	2:08	3.3	7:46	0.7	8:02	1.0	5:44	8:27	
3	Mon	2:23	3.3	2:59	3.4	8:27	0.8	8:56	1.1	5:45	8:27	
4	Tue	3:12	3.1	3:52	3.5	9:09	0.8	9:52	1.1	5:45	8:27	
5	Wed	4:05	3.0	4:45	3.8	9:55	0.8	10:49	1.1	5:46	8:27	
6	Thu	4:59	2.9	5:37	4.0	10:43	0.7	11:46	0.9	5:47	8:27	
7	Fri	5:52	3.0	6:27	4.3	11:34	0.5			5:47	8:26	
8	Sat	6:43	3.1	7:17	4.6	12:41	0.7	12:26	0.3	5:48	8:26	
9	Sun	7:34	3.2	8:07	4.8	1:33	0.5	1:18	0.1	5:48	8:26	
10	Mon	8:24	3.3	8:57	5.0	2:23	0.3	2:09	-0.2	5:49	8:26	
11	Tue	9:14	3.5	9:47	5.1	3:11	0.0	2:59	-0.4	5:50	8:25	
12	Wed	10:06	3.6	10:36	5.1	3:58	-0.1	3:50	-0.5	5:50	8:25	
13	Thu	10:57	3.8	11:25	5.0	4:45	-0.2	4:43	-0.4	5:51	8:24	
14	Fri	11:49	3.9			5:33	-0.3	5:39	-0.3	5:52	8:24	
15	Sat	12:14	4.7	12:42	4.0	6:22	-0.3	6:37	-0.1	5:52	8:23	
16	Sun	1:04	4.3	1:38	4.1	7:12	-0.2	7:39	0.1	5:53	8:23	
17	Mon	1:56	3.9	2:37	4.1	8:03	-0.1	8:44	0.4	5:54	8:22	
18	Tue	2:53	3.5	3:39	4.2	8:55	0.0	9:51	0.5	5:55	8:22	
19	Wed	3:54	3.1	4:43	4.2	9:49	0.1	10:59	0.6	5:55	8:21	
20	Thu	4:57	2.9	5:44	4.3	10:46	0.1			5:56	8:20	
21	Fri	5:58	2.9	6:40	4.4	12:06	0.5	11:43 AM	0.2	5:57	8:20	
22	Sat	6:54	2.9	7:32	4.4	1:07	0.5	12:39	0.1	5:58	8:19	
23	Sun	7:44	3.0	8:19	4.4	1:58	0.4	1:30	0.0	5:58	8:18	
24	Mon	8:30	3.1	9:04	4.5	2:41	0.4	2:17	0.0	5:59	8:18	
25	Tue	9:14	3.2	9:45	4.4	3:20	0.3	3:01	0.0	6:00	8:17	
26	Wed	9:57	3.3	10:25	4.4	3:57	0.3	3:43	0.1	6:01	8:16	
27	Thu	10:39	3.4	11:03	4.2	4:32	0.4	4:24	0.2	6:02	8:15	
28	Fri	11:20	3.5	11:41	4.0	5:07	0.4	5:05	0.4	6:02	8:14	
29	Sat			12:00	3.5	5:42	0.5	5:49	0.6	6:03	8:13	
30	Sun	12:19	3.8	12:42	3.6	6:18	0.6	6:35	0.8	6:04	8:13	
31	Mon	12:57	3.6	1:25	3.6	6:56	0.8	7:24	1.0	6:05	8:12	