

## Metompkin Inlet, VA - Jul 2007

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 9:45  | 3.3 | 10:13 | 4.7 | 3:40  | 0.3  | 3:25     | 0.1  | 5:44                                                                                | 8:28 |    |
| 2    | Mon | 10:31 | 3.4 | 10:57 | 4.7 | 4:22  | 0.3  | 4:10     | 0.0  | 5:44                                                                                | 8:27 |    |
| 3    | Tue | 11:16 | 3.5 | 11:40 | 4.6 | 5:05  | 0.2  | 4:58     | 0.1  | 5:45                                                                                | 8:27 |    |
| 4    | Wed |       |     | 12:04 | 3.6 | 5:50  | 0.1  | 5:50     | 0.2  | 5:45                                                                                | 8:27 |    |
| 5    | Thu | 12:25 | 4.4 | 12:53 | 3.7 | 6:35  | 0.1  | 6:46     | 0.3  | 5:46                                                                                | 8:27 |    |
| 6    | Fri | 1:13  | 4.2 | 1:47  | 3.9 | 7:23  | 0.1  | 7:46     | 0.4  | 5:46                                                                                | 8:27 |    |
| 7    | Sat | 2:04  | 3.9 | 2:44  | 4.0 | 8:12  | 0.1  | 8:49     | 0.5  | 5:47                                                                                | 8:27 |    |
| 8    | Sun | 3:00  | 3.5 | 3:45  | 4.2 | 9:03  | 0.0  | 9:55     | 0.5  | 5:48                                                                                | 8:26 |    |
| 9    | Mon | 4:01  | 3.3 | 4:48  | 4.4 | 9:58  | 0.0  | 11:02    | 0.4  | 5:48                                                                                | 8:26 |    |
| 10   | Tue | 5:04  | 3.1 | 5:49  | 4.6 | 10:55 | -0.1 |          |      | 5:49                                                                                | 8:26 |    |
| 11   | Wed | 6:06  | 3.1 | 6:47  | 4.7 | 12:08 | 0.3  | 11:54 AM | -0.2 | 5:49                                                                                | 8:25 |    |
| 12   | Thu | 7:04  | 3.1 | 7:43  | 4.8 | 1:10  | 0.2  | 12:52    | -0.3 | 5:50                                                                                | 8:25 |   |
| 13   | Fri | 7:59  | 3.2 | 8:36  | 4.9 | 2:06  | 0.0  | 1:47     | -0.4 | 5:51                                                                                | 8:24 |  |
| 14   | Sat | 8:51  | 3.3 | 9:26  | 4.8 | 2:56  | -0.1 | 2:39     | -0.4 | 5:51                                                                                | 8:24 |  |
| 15   | Sun | 9:42  | 3.4 | 10:13 | 4.7 | 3:42  | -0.1 | 3:29     | -0.4 | 5:52                                                                                | 8:24 |  |
| 16   | Mon | 10:30 | 3.4 | 10:58 | 4.5 | 4:25  | 0.0  | 4:16     | -0.3 | 5:53                                                                                | 8:23 |  |
| 17   | Tue | 11:16 | 3.5 | 11:40 | 4.3 | 5:07  | 0.0  | 5:04     | 0.0  | 5:54                                                                                | 8:22 |  |
| 18   | Wed |       |     | 12:01 | 3.5 | 5:48  | 0.2  | 5:51     | 0.3  | 5:54                                                                                | 8:22 |  |
| 19   | Thu | 12:21 | 4.0 | 12:46 | 3.5 | 6:28  | 0.3  | 6:41     | 0.5  | 5:55                                                                                | 8:21 |  |
| 20   | Fri | 1:03  | 3.6 | 1:32  | 3.5 | 7:08  | 0.5  | 7:32     | 0.8  | 5:56                                                                                | 8:21 |  |
| 21   | Sat | 1:46  | 3.3 | 2:20  | 3.5 | 7:49  | 0.7  | 8:25     | 1.0  | 5:57                                                                                | 8:20 |  |
| 22   | Sun | 2:33  | 3.1 | 3:12  | 3.6 | 8:31  | 0.8  | 9:20     | 1.2  | 5:57                                                                                | 8:19 |  |
| 23   | Mon | 3:25  | 2.9 | 4:08  | 3.6 | 9:17  | 0.9  | 10:17    | 1.3  | 5:58                                                                                | 8:19 |  |
| 24   | Tue | 4:21  | 2.8 | 5:04  | 3.8 | 10:06 | 0.9  | 11:15    | 1.2  | 5:59                                                                                | 8:18 |  |
| 25   | Wed | 5:17  | 2.8 | 5:57  | 4.0 | 10:58 | 0.8  |          |      | 6:00                                                                                | 8:17 |  |
| 26   | Thu | 6:10  | 2.9 | 6:47  | 4.2 | 12:11 | 1.1  | 11:51 AM | 0.7  | 6:01                                                                                | 8:16 |  |
| 27   | Fri | 7:00  | 3.0 | 7:35  | 4.4 | 1:02  | 0.9  | 12:43    | 0.5  | 6:01                                                                                | 8:15 |  |
| 28   | Sat | 7:48  | 3.2 | 8:21  | 4.7 | 1:48  | 0.7  | 1:32     | 0.2  | 6:02                                                                                | 8:15 |  |
| 29   | Sun | 8:35  | 3.4 | 9:06  | 4.8 | 2:32  | 0.5  | 2:20     | 0.0  | 6:03                                                                                | 8:14 |  |
| 30   | Mon | 9:21  | 3.6 | 9:50  | 4.9 | 3:14  | 0.2  | 3:06     | -0.2 | 6:04                                                                                | 8:13 |  |
| 31   | Tue | 10:08 | 3.8 | 10:34 | 4.9 | 3:55  | 0.1  | 3:54     | -0.2 | 6:05                                                                                | 8:12 |  |