

Metompkin Inlet, VA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:16	3.0	5:04	3.9	10:10	0.2	11:19	0.7	5:44	8:28	
2	Thu	5:14	2.9	5:58	4.0	11:02	0.3			5:45	8:27	
3	Fri	6:08	2.8	6:47	4.1	12:20	0.7	11:53 AM	0.3	5:45	8:27	
4	Sat	6:57	2.8	7:31	4.2	1:13	0.6	12:41	0.3	5:46	8:27	
5	Sun	7:42	2.9	8:14	4.2	1:57	0.6	1:27	0.3	5:46	8:27	
6	Mon	8:25	3.0	8:56	4.3	2:35	0.5	2:10	0.2	5:47	8:27	
7	Tue	9:07	3.1	9:36	4.3	3:11	0.5	2:51	0.2	5:47	8:26	
8	Wed	9:49	3.2	10:16	4.3	3:47	0.5	3:31	0.2	5:48	8:26	
9	Thu	10:31	3.3	10:54	4.3	4:22	0.5	4:11	0.3	5:49	8:26	
10	Fri	11:12	3.4	11:32	4.2	4:58	0.5	4:52	0.4	5:49	8:25	
11	Sat	11:52	3.4			5:34	0.5	5:35	0.6	5:50	8:25	
12	Sun	12:10	4.0	12:33	3.5	6:12	0.5	6:21	0.7	5:50	8:25	
13	Mon	12:48	3.8	1:17	3.6	6:51	0.6	7:12	0.8	5:51	8:24	
14	Tue	1:30	3.6	2:05	3.8	7:33	0.6	8:07	0.9	5:52	8:24	
15	Wed	2:17	3.4	2:58	3.9	8:19	0.5	9:05	0.9	5:53	8:23	
16	Thu	3:12	3.2	3:57	4.1	9:10	0.5	10:07	0.9	5:53	8:23	
17	Fri	4:13	3.1	4:59	4.4	10:05	0.3	11:11	0.7	5:54	8:22	
18	Sat	5:15	3.2	5:59	4.7	11:04	0.1			5:55	8:22	
19	Sun	6:16	3.3	6:57	5.0	12:14	0.4	12:05	-0.2	5:55	8:21	
20	Mon	7:14	3.5	7:53	5.2	1:14	0.2	1:05	-0.5	5:56	8:20	
21	Tue	8:11	3.7	8:48	5.3	2:09	-0.1	2:02	-0.7	5:57	8:20	
22	Wed	9:07	3.9	9:41	5.3	3:00	-0.4	2:58	-0.9	5:58	8:19	
23	Thu	10:01	4.0	10:32	5.1	3:50	-0.5	3:52	-0.9	5:59	8:18	
24	Fri	10:54	4.2	11:21	4.8	4:38	-0.6	4:46	-0.7	5:59	8:17	
25	Sat	11:47	4.2			5:25	-0.5	5:42	-0.4	6:00	8:17	
26	Sun	12:09	4.4	12:39	4.2	6:13	-0.4	6:40	-0.1	6:01	8:16	
27	Mon	12:58	4.0	1:32	4.1	7:02	-0.2	7:40	0.3	6:02	8:15	
28	Tue	1:48	3.5	2:28	4.0	7:51	0.1	8:42	0.6	6:03	8:14	
29	Wed	2:42	3.1	3:28	3.9	8:42	0.3	9:46	0.8	6:03	8:13	
30	Thu	3:40	2.9	4:30	3.9	9:35	0.5	10:52	1.0	6:04	8:12	
31	Fri	4:41	2.7	5:30	3.9	10:29	0.6	11:56	1.0	6:05	8:11	