

Metompkin Inlet, VA - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:11	4.0	12:34	3.3	6:17	0.5	6:21	0.7	5:44	8:28	
2	Fri	12:51	3.7	1:18	3.4	6:56	0.6	7:10	0.9	5:44	8:27	
3	Sat	1:33	3.5	2:05	3.4	7:37	0.7	8:01	1.0	5:45	8:27	
4	Sun	2:18	3.3	2:56	3.5	8:19	0.7	8:55	1.1	5:45	8:27	
5	Mon	3:08	3.1	3:50	3.7	9:05	0.7	9:52	1.1	5:46	8:27	
6	Tue	4:02	3.0	4:45	3.9	9:53	0.7	10:50	1.0	5:47	8:27	
7	Wed	4:59	3.0	5:39	4.2	10:45	0.5	11:48	0.8	5:47	8:26	
8	Thu	5:54	3.1	6:32	4.5	11:40	0.3			5:48	8:26	
9	Fri	6:48	3.3	7:24	4.8	12:45	0.6	12:35	0.0	5:48	8:26	
10	Sat	7:41	3.4	8:16	5.0	1:38	0.3	1:29	-0.3	5:49	8:26	
11	Sun	8:33	3.6	9:06	5.2	2:29	0.0	2:22	-0.5	5:50	8:25	
12	Mon	9:26	3.8	9:57	5.2	3:17	-0.3	3:14	-0.7	5:50	8:25	
13	Tue	10:18	4.0	10:47	5.1	4:05	-0.4	4:07	-0.7	5:51	8:24	
14	Wed	11:11	4.1	11:36	4.9	4:53	-0.5	5:01	-0.6	5:52	8:24	
15	Thu			12:04	4.2	5:42	-0.5	5:58	-0.4	5:52	8:23	
16	Fri	12:26	4.5	12:58	4.2	6:32	-0.4	6:58	-0.1	5:53	8:23	
17	Sat	1:17	4.1	1:54	4.2	7:23	-0.3	8:01	0.2	5:54	8:22	
18	Sun	2:11	3.6	2:55	4.2	8:16	-0.1	9:06	0.4	5:55	8:22	
19	Mon	3:10	3.3	3:59	4.1	9:10	0.0	10:13	0.6	5:55	8:21	
20	Tue	4:12	3.0	5:03	4.1	10:06	0.1	11:21	0.6	5:56	8:20	
21	Wed	5:16	2.9	6:03	4.2	11:04	0.2			5:57	8:20	
22	Thu	6:14	2.9	6:56	4.2	12:25	0.6	12:00	0.2	5:58	8:19	
23	Fri	7:06	2.9	7:43	4.3	1:20	0.5	12:53	0.1	5:58	8:18	
24	Sat	7:52	3.1	8:26	4.3	2:05	0.5	1:41	0.1	5:59	8:18	
25	Sun	8:36	3.2	9:07	4.4	2:43	0.4	2:25	0.0	6:00	8:17	
26	Mon	9:18	3.3	9:46	4.3	3:18	0.3	3:06	0.0	6:01	8:16	
27	Tue	9:59	3.5	10:24	4.3	3:52	0.3	3:46	0.1	6:02	8:15	
28	Wed	10:40	3.6	11:01	4.1	4:26	0.3	4:26	0.3	6:02	8:14	
29	Thu	11:20	3.6	11:38	4.0	5:00	0.4	5:07	0.4	6:03	8:13	
30	Fri			12:00	3.7	5:35	0.5	5:50	0.7	6:04	8:13	
31	Sat	12:16	3.8	12:41	3.7	6:12	0.6	6:35	0.9	6:05	8:12	