US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:38	3.5	7:17	5.0	12:35	0.0	12:30	-0.5	5:44	8:27	
2	Mon	7:35	3.6	8:12	5.1	1:34	-0.2	1:28	-0.7	5:45	8:27	
3	Tue	8:31	3.6	9:05	5.1	2:28	-0.4	2:22	-0.8	5:45	8:27	
4	Wed	9:25	3.7	9:57	5.0	3:19	-0.5	3:15	-0.8	5:46	8:27	
5	Thu	10:18	3.8	10:46	4.8	4:08	-0.5	4:07	-0.7	5:46	8:27	
6	Fri	11:08	3.8	11:33	4.5	4:55	-0.5	4:58	-0.5	5:47	8:27	
7	Sat	11:58	3.8			5:42	-0.3	5:50	-0.2	5:47	8:26	
8	Sun	12:19	4.2	12:47	3.7	6:28	-0.1	6:44	0.2	5:48	8:26	
9	Mon	1:05	3.8	1:36	3.6	7:14	0.1	7:38	0.5	5:49	8:26	
10	Tue	1:51	3.5	2:28	3.6	7:59	0.3	8:34	0.8	5:49	8:25	
11	Wed	2:41	3.2	3:23	3.6	8:45	0.5	9:31	1.0	5:50	8:25	
12	Thu	3:34	3.0	4:19	3.6	9:32	0.6	10:28	1.1	5:51	8:25	
13	Fri	4:30	2.9	5:14	3.7	10:21	0.7	11:25	1.1	5:51	8:24	
14	Sat	5:24	2.9	6:04	3.9	11:11	0.6			5:52	8:24	
15	Sun	6:15	3.0	6:52	4.1	12:18	1.0	12:00	0.5	5:53	8:23	
16	Mon	7:03	3.1	7:36	4.3	1:05	0.8	12:48	0.4	5:53	8:23	
17	Tue	7:48	3.3	8:19	4.4	1:47	0.7	1:34	0.3	5:54	8:22	
18	Wed	8:33	3.4	9:01	4.6	2:27	0.5	2:18	0.1	5:55	8:21	
19	Thu	9:16	3.6	9:42	4.6	3:07	0.3	3:01	0.0	5:56	8:21	
20	Fri	10:00	3.7	10:23	4.6	3:46	0.2	3:45	0.0	5:56	8:20	
21	Sat	10:43	3.9	11:05	4.6	4:25	0.1	4:29	0.0	5:57	8:19	
22	Sun	11:28	4.0	11:47	4.4	5:06	0.0	5:17	0.1	5:58	8:19	
23	Mon			12:14	4.1	5:49	0.0	6:08	0.2	5:59	8:18	
24	Tue	12:31	4.2	1:03	4.2	6:35	0.0	7:04	0.4	6:00	8:17	
25	Wed	1:19	3.9	1:57	4.2	7:24	0.1	8:04	0.5	6:00	8:16	
26	Thu	2:13	3.6	2:56	4.3	8:17	0.1	9:07	0.6	6:01	8:16	
27	Fri	3:13	3.4	4:00	4.4	9:14	0.0	10:12	0.6	6:02	8:15	
28	Sat	4:17	3.3	5:05	4.5	10:13	0.0	11:18	0.4	6:03	8:14	
29	Sun	5:22	3.3	6:07	4.7	11:15	-0.1			6:04	8:13	
30	Mon	6:24	3.4	7:05	4.8	12:22	0.3	12:17	-0.3	6:04	8:12	
31	Tue	7:22	3.5	7:59	4.9	1:20	0.0	1:15	-0.5	6:05	8:11	