US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:33	3.2	4:20	3.7	9:36	0.2	10:28	0.7	5:44	8:28	
2	Tue	4:31	3.0	5:17	3.8	10:27	0.3	11:30	0.7	5:45	8:27	
3	Wed	5:27	2.9	6:08	3.9	11:17	0.3			5:45	8:27	
4	Thu	6:17	2.9	6:54	4.0	12:26	0.7	12:06	0.3	5:46	8:27	
5	Fri	7:04	3.0	7:37	4.1	1:14	0.6	12:52	0.3	5:46	8:27	
6	Sat	7:48	3.1	8:18	4.3	1:55	0.5	1:36	0.2	5:47	8:27	
7	Sun	8:31	3.2	8:59	4.3	2:32	0.5	2:17	0.2	5:47	8:26	
8	Mon	9:13	3.3	9:39	4.4	3:09	0.4	2:58	0.1	5:48	8:26	
9	Tue	9:55	3.4	10:18	4.4	3:45	0.3	3:38	0.2	5:49	8:26	
10	Wed	10:36	3.5	10:57	4.3	4:21	0.3	4:18	0.3	5:49	8:25	
11	Thu	11:17	3.6	11:36	4.2	4:59	0.4	5:00	0.4	5:50	8:25	
12	Fri	11:59	3.6			5:38	0.4	5:44	0.5	5:50	8:25	
13	Sat	12:15	4.1	12:42	3.7	6:18	0.4	6:33	0.7	5:51	8:24	
14	Sun	12:56	3.9	1:28	3.8	7:01	0.4	7:25	0.7	5:52	8:24	
15	Mon	1:42	3.7	2:19	3.9	7:48	0.4	8:22	0.8	5:53	8:23	
16	Tue	2:34	3.6	3:17	4.1	8:38	0.3	9:23	0.7	5:53	8:23	
17	Wed	3:32	3.4	4:18	4.3	9:32	0.2	10:26	0.6	5:54	8:22	
18	Thu	4:35	3.4	5:19	4.6	10:30	0.0	11:29	0.4	5:55	8:22	
19	Fri	5:37	3.5	6:18	4.8	11:30	-0.2			5:56	8:21	
20	Sat	6:37	3.6	7:15	5.1	12:31	0.1	12:30	-0.5	5:56	8:20	
21	Sun	7:34	3.8	8:11	5.2	1:29	-0.2	1:28	-0.7	5:57	8:20	
22	Mon	8:30	4.0	9:04	5.3	2:23	-0.5	2:24	-0.9	5:58	8:19	
23	Tue	9:25	4.1	9:56	5.2	3:14	-0.6	3:18	-1.0	5:59	8:18	
24	Wed	10:19	4.2	10:46	4.9	4:03	-0.7	4:11	-0.9	5:59	8:17	
25	Thu	11:11	4.2	11:35	4.6	4:51	-0.7	5:05	-0.6	6:00	8:17	
26	Fri			12:02	4.2	5:39	-0.5	5:59	-0.3	6:01	8:16	
27	Sat	12:23	4.2	12:53	4.1	6:28	-0.3	6:55	0.1	6:02	8:15	
28	Sun	1:11	3.8	1:46	4.0	7:17	-0.1	7:53	0.4	6:03	8:14	
29	Mon	2:01	3.4	2:41	3.8	8:07	0.2	8:53	0.7	6:03	8:13	
30	Tue	2:55	3.1	3:40	3.7	8:57	0.4	9:53	0.9	6:04	8:12	
31	Wed	3:52	2.9	4:40	3.7	9:49	0.6	10:54	1.0	6:05	8:11	