

































## Metompkin Inlet, VA - Jul 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:57	3.4			5:40	0.4	5:41	0.5	5:44	8:28	
2	Wed	12:16	4.0	12:40	3.4	6:20	0.5	6:27	0.7	5:45	8:27	
3	Thu	12:56	3.8	1:25	3.4	7:02	0.6	7:16	0.9	5:45	8:27	
4	Fri	1:39	3.6	2:13	3.5	7:45	0.6	8:08	1.0	5:46	8:27	
5	Sat	2:26	3.5	3:05	3.6	8:30	0.6	9:03	1.0	5:46	8:27	
6	Sun	3:18	3.3	4:00	3.8	9:18	0.6	10:00	0.9	5:47	8:27	
7	Mon	4:14	3.3	4:56	4.1	10:09	0.4	10:59	0.8	5:47	8:26	
8	Tue	5:12	3.4	5:51	4.4	11:03	0.2	11:58	0.5	5:48	8:26	
9	Wed	6:08	3.5	6:44	4.7	11:58	0.0			5:48	8:26	
10	Thu	7:02	3.6	7:37	5.0	12:55	0.2	12:53	-0.3	5:49	8:26	
11	Fri	7:56	3.8	8:29	5.2	1:49	-0.1	1:48	-0.6	5:50	8:25	
12	Sat	8:50	4.0	9:22	5.3	2:41	-0.4	2:41	-0.8	5:50	8:25	
13	Sun	9:44	4.1	10:13	5.3	3:31	-0.6	3:34	-0.9	5:51	8:24	
14	Mon	10:37	4.2	11:05	5.1	4:21	-0.7	4:28	-0.8	5:52	8:24	
15	Tue	11:31	4.3	11:55	4.8	5:11	-0.7	5:24	-0.7	5:52	8:23	
16	Wed			12:25	4.2	6:02	-0.6	6:22	-0.4	5:53	8:23	
17	Thu	12:47	4.4	1:20	4.2	6:55	-0.5	7:22	-0.1	5:54	8:22	
18	Fri	1:40	4.0	2:19	4.1	7:48	-0.3	8:25	0.2	5:55	8:22	
19	Sat	2:36	3.6	3:21	4.0	8:42	-0.1	9:29	0.4	5:55	8:21	
20	Sun	3:36	3.3	4:25	4.0	9:37	0.1	10:35	0.6	5:56	8:20	
21	Mon	4:38	3.1	5:26	4.0	10:33	0.2	11:40	0.6	5:57	8:20	
22	Tue	5:37	3.0	6:20	4.1	11:27	0.2			5:58	8:19	
23	Wed	6:30	3.0	7:07	4.1	12:38	0.6	12:20	0.2	5:58	8:18	
24	Thu	7:17	3.1	7:50	4.2	1:26	0.5	1:08	0.2	5:59	8:18	
25	Fri	8:01	3.2	8:31	4.3	2:07	0.4	1:52	0.1	6:00	8:17	
26	Sat	8:43	3.4	9:11	4.3	2:44	0.4	2:33	0.1	6:01	8:16	
27	Sun	9:25	3.5	9:50	4.3	3:19	0.3	3:12	0.1	6:02	8:15	
28	Mon	10:06	3.6	10:28	4.3	3:53	0.3	3:52	0.2	6:02	8:14	
29	Tue	10:47	3.7	11:07	4.2	4:29	0.3	4:32	0.3	6:03	8:13	
30	Wed	11:27	3.7	11:45	4.1	5:05	0.4	5:13	0.5	6:04	8:13	
31	Thu			12:07	3.7	5:42	0.5	5:57	0.7	6:05	8:12	