US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:09	3.6	6:47	4.8	12:00	0.0	12:03	-0.4	5:44	8:27	
2	Sat	7:06	3.6	7:41	4.9	1:01	-0.2	12:59	-0.6	5:45	8:27	
3	Sun	8:00	3.6	8:34	5.0	1:57	-0.4	1:53	-0.7	5:45	8:27	
4	Mon	8:53	3.7	9:24	5.0	2:49	-0.5	2:44	-0.7	5:46	8:27	
5	Tue	9:45	3.7	10:13	4.9	3:38	-0.5	3:34	-0.7	5:46	8:27	
6	Wed	10:35	3.7	11:00	4.7	4:25	-0.5	4:23	-0.5	5:47	8:27	
7	Thu	11:23	3.6	11:46	4.4	5:11	-0.3	5:12	-0.2	5:48	8:26	
8	Fri			12:10	3.5	5:57	-0.1	6:01	0.1	5:48	8:26	
9	Sat	12:31	4.1	12:58	3.5	6:42	0.1	6:53	0.4	5:49	8:26	
10	Sun	1:16	3.8	1:47	3.4	7:28	0.3	7:45	0.7	5:49	8:25	
11	Mon	2:03	3.5	2:39	3.4	8:13	0.5	8:39	0.9	5:50	8:25	
12	Tue	2:53	3.3	3:33	3.5	8:58	0.6	9:34	1.0	5:51	8:25	
13	Wed	3:46	3.1	4:28	3.6	9:44	0.7	10:29	1.1	5:51	8:24	
14	Thu	4:41	3.0	5:20	3.8	10:32	0.7	11:24	1.0	5:52	8:24	
15	Fri	5:33	3.1	6:10	4.0	11:21	0.6			5:53	8:23	
16	Sat	6:23	3.2	6:56	4.2	12:17	0.9	12:09	0.5	5:53	8:23	
17	Sun	7:10	3.3	7:41	4.4	1:05	0.7	12:57	0.3	5:54	8:22	
18	Mon	7:56	3.4	8:25	4.6	1:50	0.5	1:43	0.2	5:55	8:21	
19	Tue	8:42	3.6	9:09	4.8	2:33	0.3	2:28	0.0	5:56	8:21	
20	Wed	9:27	3.7	9:53	4.8	3:15	0.1	3:13	-0.1	5:56	8:20	
21	Thu	10:13	3.9	10:37	4.8	3:57	0.0	3:58	-0.2	5:57	8:19	
22	Fri	10:59	4.0	11:21	4.8	4:41	-0.1	4:46	-0.1	5:58	8:19	
23	Sat	11:46	4.1			5:26	-0.1	5:37	0.0	5:59	8:18	
24	Sun	12:07	4.6	12:36	4.1	6:13	-0.1	6:32	0.1	6:00	8:17	
25	Mon	12:56	4.3	1:29	4.2	7:03	-0.1	7:31	0.3	6:00	8:16	
26	Tue	1:48	4.0	2:26	4.2	7:56	-0.1	8:32	0.4	6:01	8:16	
27	Wed	2:45	3.7	3:28	4.3	8:50	0.0	9:37	0.4	6:02	8:15	
28	Thu	3:47	3.5	4:33	4.4	9:48	0.0	10:42	0.4	6:03	8:14	
29	Fri	4:51	3.4	5:35	4.5	10:47	-0.1	11:48	0.3	6:04	8:13	
30	Sat	5:53	3.4	6:34	4.6	11:46	-0.2			6:05	8:12	
31	Sun	6:51	3.5	7:28	4.7	12:49	0.1	12:44	-0.3	6:05	8:11	