US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2018

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:25	3.3	11:45	4.2	5:12	0.4	5:04	0.4	5:44	8:28	
2	Mon			12:07	3.3	5:52	0.5	5:48	0.6	5:45	8:27	
3	Tue	12:26	4.1	12:50	3.3	6:33	0.6	6:35	0.8	5:45	8:27	
4	Wed	1:07	3.9	1:36	3.3	7:16	0.6	7:25	0.9	5:46	8:27	
5	Thu	1:52	3.7	2:25	3.5	8:01	0.6	8:19	0.9	5:46	8:27	
6	Fri	2:41	3.6	3:19	3.7	8:47	0.6	9:16	0.9	5:47	8:27	
7	Sat	3:35	3.5	4:16	3.9	9:36	0.5	10:16	0.8	5:47	8:26	
8	Sun	4:33	3.5	5:12	4.3	10:28	0.3	11:17	0.5	5:48	8:26	
9	Mon	5:30	3.5	6:08	4.6	11:22	0.0			5:48	8:26	
10	Tue	6:27	3.6	7:02	4.9	12:17	0.2	12:18	-0.2	5:49	8:26	
11	Wed	7:22	3.7	7:56	5.2	1:15	-0.1	1:13	-0.5	5:50	8:25	
12	Thu	8:17	3.8	8:50	5.4	2:10	-0.4	2:07	-0.8	5:50	8:25	
13	Fri	9:11	3.9	9:43	5.4	3:03	-0.6	3:01	-0.9	5:51	8:24	
14	Sat	10:06	4.0	10:36	5.3	3:55	-0.7	3:55	-0.9	5:52	8:24	
15	Sun	11:00	4.0	11:28	5.1	4:46	-0.7	4:50	-0.8	5:52	8:23	
16	Mon	11:54	4.0			5:38	-0.6	5:46	-0.5	5:53	8:23	
17	Tue	12:20	4.7	12:49	4.0	6:31	-0.5	6:45	-0.2	5:54	8:22	
18	Wed	1:12	4.3	1:45	3.9	7:24	-0.3	7:46	0.1	5:55	8:22	
19	Thu	2:06	3.9	2:45	3.8	8:16	-0.1	8:49	0.4	5:55	8:21	
20	Fri	3:03	3.5	3:47	3.8	9:09	0.1	9:53	0.6	5:56	8:20	
21	Sat	4:02	3.2	4:48	3.8	10:01	0.3	10:58	0.7	5:57	8:20	
22	Sun	5:01	3.0	5:43	3.9	10:53	0.3	11:59	0.7	5:58	8:19	
23	Mon	5:55	3.0	6:33	4.0	11:44	0.4			5:58	8:18	
24	Tue	6:44	3.0	7:17	4.1	12:53	0.6	12:32	0.4	5:59	8:18	
25	Wed	7:29	3.1	7:59	4.2	1:37	0.6	1:17	0.3	6:00	8:17	
26	Thu	8:12	3.2	8:40	4.3	2:16	0.5	1:59	0.2	6:01	8:16	
27	Fri	8:53	3.3	9:20	4.4	2:52	0.4	2:40	0.2	6:02	8:15	
28	Sat	9:35	3.4	10:00	4.4	3:28	0.4	3:19	0.2	6:02	8:14	
29	Sun	10:16	3.5	10:39	4.4	4:04	0.4	3:59	0.3	6:03	8:13	
30	Mon	10:57	3.6	11:18	4.3	4:40	0.4	4:39	0.4	6:04	8:13	
31	Tue	11:37	3.6	11:56	4.2	5:18	0.5	5:22	0.5	6:05	8:12	