

































## Metompkin Inlet, VA - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:53	3.5	8:23	5.0	1:46	0.2	1:40	-0.2	5:44	8:28	
2	Tue	8:43	3.6	9:13	5.1	2:36	-0.1	2:29	-0.4	5:44	8:27	
3	Wed	9:34	3.7	10:03	5.2	3:25	-0.3	3:19	-0.5	5:45	8:27	
4	Thu	10:25	3.8	10:54	5.2	4:14	-0.4	4:10	-0.5	5:45	8:27	
5	Fri	11:17	3.8	11:45	5.0	5:04	-0.4	5:04	-0.5	5:46	8:27	
6	Sat			12:11	3.8	5:56	-0.4	6:01	-0.3	5:47	8:27	
7	Sun	12:36	4.7	1:06	3.8	6:49	-0.3	7:01	-0.1	5:47	8:27	
8	Mon	1:30	4.4	2:05	3.9	7:43	-0.2	8:04	0.1	5:48	8:26	
9	Tue	2:26	4.0	3:07	3.9	8:37	-0.1	9:09	0.3	5:48	8:26	
10	Wed	3:26	3.7	4:11	4.0	9:31	-0.1	10:15	0.4	5:49	8:26	
11	Thu	4:28	3.4	5:13	4.1	10:25	0.0	11:21	0.4	5:50	8:25	
12	Fri	5:28	3.2	6:09	4.2	11:20	0.0			5:50	8:25	
13	Sat	6:23	3.1	7:00	4.3	12:24	0.3	12:12	0.0	5:51	8:24	
14	Sun	7:14	3.1	7:47	4.4	1:20	0.2	1:03	0.0	5:52	8:24	
15	Mon	8:01	3.1	8:32	4.5	2:08	0.2	1:49	-0.1	5:52	8:23	
16	Tue	8:46	3.2	9:14	4.5	2:50	0.1	2:33	-0.1	5:53	8:23	
17	Wed	9:29	3.2	9:56	4.4	3:30	0.2	3:15	0.0	5:54	8:22	
18	Thu	10:12	3.3	10:37	4.4	4:08	0.2	3:56	0.1	5:54	8:22	
19	Fri	10:54	3.3	11:17	4.2	4:45	0.3	4:37	0.2	5:55	8:21	
20	Sat	11:36	3.4	11:57	4.1	5:23	0.4	5:20	0.4	5:56	8:21	
21	Sun			12:18	3.4	6:02	0.5	6:04	0.6	5:57	8:20	
22	Mon	12:37	3.9	1:02	3.4	6:42	0.6	6:52	0.8	5:57	8:19	
23	Tue	1:19	3.7	1:48	3.5	7:23	0.7	7:42	1.0	5:58	8:19	
24	Wed	2:03	3.5	2:37	3.5	8:06	0.8	8:35	1.1	5:59	8:18	
25	Thu	2:52	3.3	3:31	3.7	8:52	0.8	9:31	1.1	6:00	8:17	
26	Fri	3:46	3.2	4:26	3.9	9:40	0.7	10:30	1.0	6:01	8:16	
27	Sat	4:43	3.2	5:22	4.2	10:32	0.6	11:29	0.8	6:01	8:15	
28	Sun	5:39	3.3	6:16	4.5	11:27	0.4			6:02	8:15	
29	Mon	6:34	3.4	7:09	4.8	12:27	0.5	12:22	0.1	6:03	8:14	
30	Tue	7:27	3.6	8:01	5.1	1:22	0.2	1:17	-0.2	6:04	8:13	
31	Wed	8:20	3.8	8:53	5.3	2:14	-0.1	2:10	-0.5	6:05	8:12	