

































Metompkin Inlet, VA - Jul 2020

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 5:38 | 3.4 | 6:17 | 4.6 | 11:31 | -0.2 | | | 5:44 | 8:28 |  |
| 2 | Thu | 6:35 | 3.4 | 7:11 | 4.8 | 12:31 | 0.0 | 12:26 | -0.4 | 5:45 | 8:27 |  |
| 3 | Fri | 7:29 | 3.4 | 8:03 | 4.9 | 1:30 | -0.1 | 1:19 | -0.4 | 5:45 | 8:27 |  |
| 4 | Sat | 8:21 | 3.3 | 8:53 | 4.9 | 2:23 | -0.2 | 2:10 | -0.5 | 5:46 | 8:27 |  |
| 5 | Sun | 9:12 | 3.3 | 9:42 | 4.8 | 3:12 | -0.3 | 2:58 | -0.5 | 5:46 | 8:27 |  |
| 6 | Mon | 10:01 | 3.3 | 10:29 | 4.7 | 3:58 | -0.2 | 3:46 | -0.4 | 5:47 | 8:27 |  |
| 7 | Tue | 10:48 | 3.3 | 11:14 | 4.5 | 4:43 | -0.1 | 4:33 | -0.2 | 5:48 | 8:26 |  |
| 8 | Wed | 11:34 | 3.3 | 11:58 | 4.3 | 5:27 | 0.1 | 5:20 | 0.1 | 5:48 | 8:26 |  |
| 9 | Thu | | | 12:20 | 3.3 | 6:11 | 0.3 | 6:08 | 0.3 | 5:49 | 8:26 |  |
| 10 | Fri | 12:42 | 4.0 | 1:06 | 3.3 | 6:54 | 0.4 | 6:58 | 0.6 | 5:49 | 8:25 |  |
| 11 | Sat | 1:26 | 3.7 | 1:54 | 3.3 | 7:37 | 0.6 | 7:50 | 0.8 | 5:50 | 8:25 |  |
| 12 | Sun | 2:12 | 3.4 | 2:46 | 3.3 | 8:20 | 0.7 | 8:44 | 1.0 | 5:51 | 8:25 |  |
| 13 | Mon | 3:01 | 3.2 | 3:39 | 3.4 | 9:03 | 0.8 | 9:39 | 1.1 | 5:51 | 8:24 |  |
| 14 | Tue | 3:54 | 3.1 | 4:33 | 3.6 | 9:48 | 0.8 | 10:35 | 1.1 | 5:52 | 8:24 |  |
| 15 | Wed | 4:48 | 3.0 | 5:25 | 3.8 | 10:35 | 0.8 | 11:30 | 1.0 | 5:53 | 8:23 |  |
| 16 | Thu | 5:40 | 3.0 | 6:14 | 4.1 | 11:24 | 0.7 | | | 5:54 | 8:23 |  |
| 17 | Fri | 6:30 | 3.1 | 7:02 | 4.3 | 12:23 | 0.9 | 12:13 | 0.5 | 5:54 | 8:22 |  |
| 18 | Sat | 7:18 | 3.2 | 7:48 | 4.6 | 1:13 | 0.7 | 1:02 | 0.3 | 5:55 | 8:21 |  |
| 19 | Sun | 8:05 | 3.4 | 8:35 | 4.8 | 2:00 | 0.4 | 1:50 | 0.1 | 5:56 | 8:21 |  |
| 20 | Mon | 8:52 | 3.5 | 9:21 | 4.9 | 2:46 | 0.2 | 2:37 | -0.1 | 5:57 | 8:20 |  |
| 21 | Tue | 9:40 | 3.6 | 10:08 | 5.0 | 3:31 | 0.1 | 3:24 | -0.2 | 5:57 | 8:19 |  |
| 22 | Wed | 10:28 | 3.8 | 10:55 | 5.0 | 4:16 | -0.1 | 4:13 | -0.3 | 5:58 | 8:19 |  |
| 23 | Thu | 11:17 | 3.9 | 11:42 | 4.8 | 5:02 | -0.1 | 5:04 | -0.2 | 5:59 | 8:18 |  |
| 24 | Fri | | | 12:07 | 4.0 | 5:49 | -0.2 | 5:59 | -0.1 | 6:00 | 8:17 |  |
| 25 | Sat | 12:30 | 4.6 | 1:00 | 4.1 | 6:38 | -0.1 | 6:57 | 0.1 | 6:00 | 8:16 |  |
| 26 | Sun | 1:21 | 4.2 | 1:56 | 4.1 | 7:29 | -0.1 | 7:59 | 0.2 | 6:01 | 8:16 |  |
| 27 | Mon | 2:15 | 3.9 | 2:56 | 4.2 | 8:22 | 0.0 | 9:03 | 0.4 | 6:02 | 8:15 |  |
| 28 | Tue | 3:14 | 3.5 | 3:59 | 4.2 | 9:16 | 0.0 | 10:10 | 0.5 | 6:03 | 8:14 |  |
| 29 | Wed | 4:17 | 3.3 | 5:03 | 4.4 | 10:13 | 0.0 | 11:17 | 0.4 | 6:04 | 8:13 |  |
| 30 | Thu | 5:21 | 3.2 | 6:03 | 4.5 | 11:11 | 0.0 | | | 6:05 | 8:12 |  |
| 31 | Fri | 6:20 | 3.2 | 6:59 | 4.6 | 12:22 | 0.4 | 12:09 | 0.0 | 6:05 | 8:11 |  |