US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:17	3.7	2:53	3.3	8:32	0.4	8:52	0.7	5:44	8:28	
2	Fri	3:10	3.3	3:50	3.4	9:18	0.5	9:51	0.8	5:45	8:27	
3	Sat	4:04	3.1	4:45	3.5	10:03	0.6	10:50	0.9	5:45	8:27	
4	Sun	4:57	3.0	5:35	3.7	10:48	0.6	11:47	0.9	5:46	8:27	
5	Mon	5:47	2.9	6:21	3.9	11:33	0.6			5:46	8:27	
6	Tue	6:35	2.9	7:05	4.1	12:38	0.8	12:18	0.6	5:47	8:27	
7	Wed	7:20	3.0	7:49	4.2	1:23	0.7	1:03	0.5	5:47	8:26	
8	Thu	8:04	3.1	8:31	4.4	2:05	0.6	1:46	0.4	5:48	8:26	
9	Fri	8:47	3.2	9:14	4.5	2:45	0.5	2:28	0.3	5:49	8:26	
10	Sat	9:30	3.3	9:56	4.6	3:24	0.4	3:10	0.2	5:49	8:25	
11	Sun	10:13	3.3	10:38	4.6	4:04	0.4	3:52	0.2	5:50	8:25	
12	Mon	10:56	3.4	11:19	4.6	4:45	0.3	4:36	0.2	5:51	8:25	
13	Tue	11:40	3.5			5:27	0.3	5:22	0.3	5:51	8:24	
14	Wed	12:02	4.4	12:26	3.6	6:10	0.3	6:13	0.4	5:52	8:24	
15	Thu	12:46	4.3	1:14	3.7	6:56	0.3	7:09	0.5	5:53	8:23	
16	Fri	1:33	4.1	2:08	3.8	7:43	0.2	8:08	0.5	5:53	8:23	
17	Sat	2:26	3.8	3:06	4.0	8:33	0.2	9:11	0.5	5:54	8:22	
18	Sun	3:24	3.6	4:07	4.3	9:25	0.1	10:16	0.5	5:55	8:22	
19	Mon	4:26	3.4	5:09	4.5	10:21	0.0	11:22	0.4	5:56	8:21	
20	Tue	5:28	3.3	6:09	4.7	11:19	-0.1			5:56	8:20	
21	Wed	6:28	3.3	7:07	4.9	12:26	0.2	12:17	-0.3	5:57	8:20	
22	Thu	7:25	3.4	8:02	5.1	1:26	0.0	1:15	-0.5	5:58	8:19	
23	Fri	8:20	3.5	8:56	5.1	2:21	-0.2	2:10	-0.6	5:59	8:18	
24	Sat	9:14	3.6	9:47	5.0	3:12	-0.3	3:03	-0.6	5:59	8:17	
25	Sun	10:05	3.6	10:36	4.8	4:00	-0.3	3:53	-0.6	6:00	8:17	
26	Mon	10:55	3.7	11:22	4.6	4:46	-0.2	4:43	-0.4	6:01	8:16	
27	Tue	11:43	3.7			5:31	-0.1	5:34	-0.1	6:02	8:15	
28	Wed	12:07	4.3	12:30	3.6	6:15	0.1	6:26	0.2	6:03	8:14	
29	Thu	12:51	3.9	1:18	3.6	6:59	0.3	7:19	0.6	6:04	8:13	
30	Fri	1:36	3.6	2:08	3.6	7:43	0.5	8:13	0.8	6:04	8:12	
31	Sat	2:24	3.3	3:01	3.6	8:27	0.7	9:09	1.0	6:05	8:11	