

































Metompkin Inlet, VA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:10	3.3	7:43	4.9	1:07	0.3	12:55	0.0	5:44	8:28	
2	Sun	8:02	3.4	8:35	5.1	2:00	0.1	1:48	-0.3	5:44	8:27	
3	Mon	8:55	3.5	9:28	5.3	2:52	-0.1	2:40	-0.5	5:45	8:27	
4	Tue	9:48	3.6	10:20	5.3	3:42	-0.3	3:33	-0.6	5:45	8:27	
5	Wed	10:42	3.7	11:13	5.1	4:33	-0.3	4:27	-0.6	5:46	8:27	
6	Thu	11:36	3.7			5:25	-0.3	5:23	-0.5	5:47	8:27	
7	Fri	12:04	4.9	12:31	3.8	6:16	-0.3	6:22	-0.2	5:47	8:27	
8	Sat	12:56	4.5	1:28	3.8	7:09	-0.2	7:25	0.0	5:48	8:26	
9	Sun	1:50	4.1	2:27	3.9	8:01	-0.1	8:29	0.2	5:48	8:26	
10	Mon	2:46	3.7	3:29	3.9	8:52	0.0	9:35	0.4	5:49	8:26	
11	Tue	3:45	3.3	4:32	4.0	9:44	0.1	10:42	0.5	5:50	8:25	
12	Wed	4:46	3.0	5:31	4.1	10:37	0.2	11:48	0.6	5:50	8:25	
13	Thu	5:44	2.9	6:24	4.2	11:29	0.2			5:51	8:24	
14	Fri	6:37	2.9	7:13	4.3	12:49	0.5	12:21	0.2	5:52	8:24	
15	Sat	7:25	2.9	7:58	4.3	1:40	0.5	1:10	0.2	5:52	8:23	
16	Sun	8:10	2.9	8:42	4.3	2:23	0.4	1:55	0.2	5:53	8:23	
17	Mon	8:53	3.0	9:24	4.4	3:02	0.4	2:38	0.1	5:54	8:22	
18	Tue	9:36	3.1	10:04	4.4	3:39	0.4	3:19	0.1	5:54	8:22	
19	Wed	10:17	3.2	10:44	4.3	4:14	0.5	3:59	0.2	5:55	8:21	
20	Thu	10:59	3.3	11:22	4.2	4:50	0.5	4:40	0.3	5:56	8:21	
21	Fri	11:40	3.3			5:27	0.6	5:22	0.5	5:57	8:20	
22	Sat	12:00	4.0	12:21	3.4	6:03	0.6	6:06	0.7	5:58	8:19	
23	Sun	12:39	3.8	1:03	3.5	6:41	0.7	6:54	0.9	5:58	8:19	
24	Mon	1:18	3.6	1:48	3.6	7:21	0.7	7:46	1.0	5:59	8:18	
25	Tue	2:02	3.4	2:38	3.7	8:03	0.8	8:41	1.1	6:00	8:17	
26	Wed	2:51	3.2	3:33	3.9	8:49	0.7	9:40	1.1	6:01	8:16	
27	Thu	3:48	3.1	4:31	4.1	9:40	0.6	10:41	1.0	6:02	8:15	
28	Fri	4:48	3.1	5:30	4.4	10:35	0.5	11:44	0.8	6:02	8:14	
29	Sat	5:48	3.1	6:27	4.7	11:34	0.2			6:03	8:14	
30	Sun	6:45	3.3	7:23	5.0	12:44	0.5	12:33	-0.1	6:04	8:13	
31	Mon	7:41	3.5	8:18	5.2	1:40	0.2	1:30	-0.4	6:05	8:12	