

































Metompkin Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:57	3.2	5:40	4.4	10:49	-0.1	11:56	0.3	5:44	8:28	
2	Tue	5:56	3.1	6:36	4.6	11:44	-0.1			5:45	8:27	
3	Wed	6:52	3.1	7:29	4.7	12:58	0.2	12:38	-0.2	5:45	8:27	
4	Thu	7:45	3.1	8:19	4.7	1:53	0.1	1:31	-0.2	5:46	8:27	
5	Fri	8:35	3.1	9:08	4.7	2:42	0.1	2:21	-0.2	5:46	8:27	
6	Sat	9:23	3.1	9:54	4.6	3:28	0.1	3:08	-0.2	5:47	8:27	
7	Sun	10:09	3.2	10:38	4.5	4:10	0.1	3:53	-0.1	5:48	8:26	
8	Mon	10:54	3.2	11:21	4.3	4:51	0.2	4:37	0.1	5:48	8:26	
9	Tue	11:38	3.2			5:32	0.3	5:23	0.3	5:49	8:26	
10	Wed	12:02	4.1	12:22	3.3	6:11	0.5	6:09	0.5	5:49	8:25	
11	Thu	12:42	3.8	1:06	3.3	6:51	0.6	6:58	0.8	5:50	8:25	
12	Fri	1:24	3.6	1:53	3.3	7:30	0.7	7:49	1.0	5:51	8:25	
13	Sat	2:08	3.3	2:43	3.4	8:11	0.8	8:43	1.1	5:51	8:24	
14	Sun	2:56	3.1	3:35	3.5	8:53	0.8	9:38	1.2	5:52	8:24	
15	Mon	3:49	2.9	4:30	3.7	9:39	0.8	10:35	1.2	5:53	8:23	
16	Tue	4:44	2.9	5:23	3.9	10:27	0.8	11:33	1.1	5:54	8:23	
17	Wed	5:38	2.9	6:15	4.2	11:19	0.7			5:54	8:22	
18	Thu	6:30	3.0	7:05	4.5	12:28	0.9	12:12	0.4	5:55	8:21	
19	Fri	7:21	3.2	7:55	4.7	1:21	0.6	1:05	0.2	5:56	8:21	
20	Sat	8:11	3.3	8:44	4.9	2:10	0.4	1:56	-0.1	5:57	8:20	
21	Sun	9:00	3.5	9:33	5.1	2:57	0.2	2:46	-0.3	5:57	8:19	
22	Mon	9:51	3.7	10:21	5.1	3:43	0.0	3:36	-0.4	5:58	8:19	
23	Tue	10:41	3.9	11:08	5.0	4:28	-0.2	4:28	-0.4	5:59	8:18	
24	Wed	11:32	4.0	11:56	4.7	5:15	-0.3	5:22	-0.3	6:00	8:17	
25	Thu			12:23	4.1	6:02	-0.3	6:19	-0.1	6:01	8:16	
26	Fri	12:45	4.4	1:17	4.2	6:51	-0.2	7:20	0.1	6:01	8:16	
27	Sat	1:36	3.9	2:14	4.2	7:41	-0.1	8:23	0.3	6:02	8:15	
28	Sun	2:31	3.5	3:16	4.3	8:33	0.0	9:30	0.5	6:03	8:14	
29	Mon	3:32	3.2	4:21	4.3	9:28	0.1	10:38	0.6	6:04	8:13	
30	Tue	4:37	3.0	5:25	4.3	10:26	0.2	11:47	0.6	6:05	8:12	
31	Wed	5:41	2.9	6:25	4.4	11:26	0.2			6:05	8:11	