US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:28	3.8	1:59	3.3	7:42	0.4	7:57	0.7	5:44	8:28	
2	Wed	2:15	3.4	2:52	3.4	8:25	0.5	8:54	0.9	5:45	8:27	
3	Thu	3:05	3.1	3:46	3.5	9:08	0.6	9:51	1.0	5:45	8:27	
4	Fri	3:58	2.9	4:40	3.6	9:51	0.7	10:49	1.1	5:46	8:27	
5	Sat	4:52	2.8	5:31	3.8	10:37	0.7	11:45	1.0	5:46	8:27	
6	Sun	5:44	2.8	6:19	3.9	11:25	0.7			5:47	8:27	
7	Mon	6:33	2.8	7:06	4.1	12:37	0.9	12:13	0.6	5:47	8:26	
8	Tue	7:19	2.9	7:51	4.3	1:24	0.8	1:00	0.5	5:48	8:26	
9	Wed	8:05	3.1	8:35	4.5	2:07	0.7	1:46	0.3	5:49	8:26	
10	Thu	8:49	3.2	9:19	4.6	2:48	0.5	2:30	0.2	5:49	8:25	
11	Fri	9:34	3.3	10:02	4.7	3:29	0.4	3:14	0.1	5:50	8:25	
12	Sat	10:18	3.4	10:44	4.7	4:09	0.3	3:59	0.0	5:51	8:25	
13	Sun	11:03	3.5	11:26	4.6	4:51	0.2	4:45	0.1	5:51	8:24	
14	Mon	11:48	3.7			5:33	0.2	5:35	0.2	5:52	8:24	
15	Tue	12:10	4.4	12:36	3.8	6:17	0.1	6:29	0.3	5:53	8:23	
16	Wed	12:55	4.2	1:27	4.0	7:02	0.1	7:27	0.4	5:53	8:23	
17	Thu	1:44	3.9	2:23	4.1	7:50	0.1	8:29	0.5	5:54	8:22	
18	Fri	2:38	3.5	3:23	4.2	8:42	0.1	9:34	0.6	5:55	8:22	
19	Sat	3:39	3.3	4:26	4.4	9:36	0.1	10:41	0.5	5:56	8:21	
20	Sun	4:43	3.1	5:29	4.6	10:34	0.0	11:48	0.4	5:56	8:20	
21	Mon	5:46	3.1	6:30	4.7	11:35	-0.1			5:57	8:20	
22	Tue	6:47	3.1	7:27	4.8	12:52	0.3	12:35	-0.2	5:58	8:19	
23	Wed	7:43	3.2	8:22	4.9	1:50	0.1	1:32	-0.4	5:59	8:18	
24	Thu	8:37	3.3	9:12	4.9	2:41	0.0	2:26	-0.5	6:00	8:17	
25	Fri	9:28	3.5	10:00	4.8	3:27	-0.1	3:16	-0.4	6:00	8:17	
26	Sat	10:16	3.6	10:45	4.6	4:11	-0.1	4:04	-0.3	6:01	8:16	
27	Sun	11:03	3.6	11:27	4.3	4:52	0.0	4:52	-0.1	6:02	8:15	
28	Mon	11:47	3.7			5:32	0.1	5:39	0.2	6:03	8:14	
29	Tue	12:08	4.0	12:32	3.7	6:12	0.3	6:28	0.5	6:04	8:13	
30	Wed	12:49	3.7	1:17	3.7	6:52	0.5	7:19	0.8	6:04	8:12	
31	Thu	1:32	3.4	2:04	3.6	7:33	0.7	8:12	1.0	6:05	8:11	