

Metompkin Inlet, VA - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:09	3.2	10:35	4.4	4:04	0.5	3:47	0.3	5:44	8:28	
2	Thu	10:51	3.2	11:14	4.3	4:41	0.5	4:28	0.3	5:45	8:27	
3	Fri	11:32	3.3	11:53	4.2	5:20	0.5	5:11	0.5	5:45	8:27	
4	Sat			12:14	3.4	5:59	0.5	5:58	0.6	5:46	8:27	
5	Sun	12:32	4.1	12:59	3.5	6:40	0.5	6:49	0.7	5:46	8:27	
6	Mon	1:14	3.9	1:46	3.7	7:22	0.5	7:44	0.7	5:47	8:27	
7	Tue	2:01	3.7	2:40	3.9	8:07	0.4	8:43	0.8	5:47	8:26	
8	Wed	2:54	3.4	3:38	4.1	8:56	0.3	9:46	0.7	5:48	8:26	
9	Thu	3:53	3.3	4:39	4.4	9:49	0.2	10:51	0.6	5:48	8:26	
10	Fri	4:56	3.2	5:39	4.6	10:46	0.0	11:56	0.4	5:49	8:26	
11	Sat	5:57	3.2	6:39	4.9	11:46	-0.2			5:50	8:25	
12	Sun	6:57	3.3	7:37	5.1	12:58	0.1	12:46	-0.4	5:50	8:25	
13	Mon	7:54	3.4	8:33	5.2	1:56	-0.1	1:44	-0.6	5:51	8:24	
14	Tue	8:51	3.6	9:27	5.2	2:50	-0.3	2:40	-0.8	5:52	8:24	
15	Wed	9:46	3.7	10:19	5.1	3:41	-0.4	3:34	-0.8	5:53	8:23	
16	Thu	10:39	3.8	11:09	4.9	4:30	-0.4	4:28	-0.7	5:53	8:23	
17	Fri	11:32	3.9	11:57	4.5	5:17	-0.4	5:22	-0.4	5:54	8:22	
18	Sat			12:23	3.9	6:05	-0.2	6:18	-0.1	5:55	8:22	
19	Sun	12:44	4.1	1:14	3.8	6:51	-0.1	7:15	0.3	5:55	8:21	
20	Mon	1:31	3.7	2:06	3.8	7:37	0.2	8:14	0.6	5:56	8:20	
21	Tue	2:20	3.3	3:01	3.7	8:24	0.4	9:14	0.8	5:57	8:20	
22	Wed	3:13	3.0	3:59	3.7	9:11	0.6	10:16	1.0	5:58	8:19	
23	Thu	4:10	2.8	4:57	3.7	10:00	0.7	11:18	1.1	5:59	8:18	
24	Fri	5:08	2.7	5:51	3.8	10:51	0.7			5:59	8:18	
25	Sat	6:01	2.7	6:40	4.0	12:16	1.1	11:43 AM	0.7	6:00	8:17	
26	Sun	6:50	2.8	7:26	4.1	1:05	1.0	12:33	0.6	6:01	8:16	
27	Mon	7:35	3.0	8:09	4.3	1:46	0.9	1:20	0.4	6:02	8:15	
28	Tue	8:19	3.2	8:50	4.4	2:24	0.7	2:04	0.3	6:03	8:14	
29	Wed	9:02	3.3	9:30	4.5	2:59	0.6	2:45	0.2	6:03	8:13	
30	Thu	9:43	3.5	10:09	4.5	3:35	0.5	3:26	0.2	6:04	8:12	
31	Fri	10:25	3.6	10:47	4.4	4:10	0.4	4:07	0.2	6:05	8:12	