US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2028

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**4:13**	3.2	**5:00**	4.3	**10:09**	-0.1	**11:14**	0.4	5:44	8:28	
2	Sun	**5:15**	3.0	**5:59**	4.4	**11:04**	0.0			5:45	8:27	
3	Mon	**6:13**	3.0	**6:54**	4.4	**12:19**	0.4	**12:01**	-0.1	5:45	8:27	
4	Tue	**7:07**	3.0	**7:44**	4.5	**1:17**	0.3	**12:55**	-0.1	5:46	8:27	
5	Wed	**7:57**	3.0	**8:32**	4.5	**2:08**	0.2	**1:45**	-0.1	5:46	8:27	
6	Thu	**8:45**	3.1	**9:16**	4.5	**2:52**	0.2	**2:32**	-0.2	5:47	8:27	
7	Fri	**9:30**	3.2	**9:59**	4.4	**3:32**	0.2	**3:16**	-0.1	5:48	8:26	
8	Sat	**10:13**	3.3	**10:40**	4.3	**4:11**	0.2	**3:58**	0.0	5:48	8:26	
9	Sun	**10:56**	3.3	**11:19**	4.2	**4:48**	0.3	**4:41**	0.2	5:49	8:26	
10	Mon	**11:38**	3.4	**11:59**	4.0	**5:25**	0.4	**5:24**	0.4	5:49	8:25	
11	Tue			**12:21**	3.4	**6:03**	0.5	**6:09**	0.6	5:50	8:25	
12	Wed	**12:38**	3.7	**1:04**	3.5	**6:41**	0.6	**6:57**	0.8	5:51	8:25	
13	Thu	**1:19**	3.5	**1:50**	3.5	**7:20**	0.7	**7:47**	1.0	5:51	8:24	
14	Fri	**2:02**	3.3	**2:39**	3.6	**8:02**	0.8	**8:41**	1.1	5:52	8:24	
15	Sat	**2:51**	3.1	**3:32**	3.7	**8:47**	0.8	**9:37**	1.2	5:53	8:23	
16	Sun	**3:45**	3.0	**4:29**	3.9	**9:36**	0.8	**10:35**	1.1	5:54	8:23	
17	Mon	**4:42**	2.9	**5:25**	4.1	**10:28**	0.6	**11:34**	1.0	5:54	8:22	
18	Tue	**5:39**	3.0	**6:19**	4.4	**11:23**	0.4			5:55	8:21	
19	Wed	**6:33**	3.2	**7:11**	4.7	**12:31**	0.7	**12:19**	0.2	5:56	8:21	
20	Thu	**7:26**	3.4	**8:02**	4.9	**1:24**	0.4	**1:14**	-0.1	5:57	8:20	
21	Fri	**8:18**	3.6	**8:52**	5.1	**2:14**	0.1	**2:07**	-0.4	5:57	8:19	
22	Sat	**9:10**	3.8	**9:41**	5.2	**3:02**	-0.1	**2:59**	-0.6	5:58	8:19	
23	Sun	**10:02**	4.1	**10:30**	5.1	**3:48**	-0.4	**3:51**	-0.7	5:59	8:18	
24	Mon	**10:53**	4.2	**11:19**	4.9	**4:35**	-0.5	**4:44**	-0.6	6:00	8:17	
25	Tue	**11:45**	4.4			**5:22**	-0.5	**5:40**	-0.4	6:01	8:16	
26	Wed	**12:07**	4.5	**12:38**	4.4	**6:10**	-0.4	**6:39**	-0.1	6:01	8:16	
27	Thu	**12:57**	4.1	**1:33**	4.4	**7:01**	-0.3	**7:40**	0.2	6:02	8:15	
28	Fri	**1:50**	3.7	**2:32**	4.3	**7:53**	-0.1	**8:45**	0.4	6:03	8:14	
29	Sat	**2:47**	3.3	**3:36**	4.2	**8:48**	0.0	**9:52**	0.6	6:04	8:13	
30	Sun	**3:50**	3.0	**4:42**	4.2	**9:45**	0.2	**11:02**	0.7	6:05	8:12	
31	Mon	**4:56**	2.9	**5:46**	4.2	**10:45**	0.3			6:05	8:11	