US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:41	3.9	1:09	3.4	6:52	0.3	7:04	0.5	5:44	8:28	
2	Mon	1:25	3.6	1:57	3.4	7:34	0.4	7:57	0.8	5:45	8:27	
3	Tue	2:11	3.3	2:48	3.5	8:17	0.6	8:52	1.0	5:45	8:27	
4	Wed	3:01	3.1	3:42	3.5	9:01	0.7	9:47	1.1	5:46	8:27	
5	Thu	3:54	2.9	4:37	3.7	9:47	0.7	10:43	1.1	5:46	8:27	
6	Fri	4:49	2.9	5:30	3.8	10:35	0.7	11:39	1.1	5:47	8:27	
7	Sat	5:42	2.9	6:20	4.0	11:25	0.6			5:47	8:26	
8	Sun	6:32	3.0	7:07	4.3	12:31	0.9	12:15	0.5	5:48	8:26	
9	Mon	7:20	3.1	7:52	4.5	1:19	0.8	1:04	0.3	5:49	8:26	
10	Tue	8:06	3.3	8:37	4.7	2:04	0.5	1:51	0.1	5:49	8:25	
11	Wed	8:52	3.4	9:21	4.8	2:47	0.3	2:37	0.0	5:50	8:25	
12	Thu	9:38	3.6	10:05	4.8	3:29	0.1	3:23	-0.2	5:51	8:25	
13	Fri	10:25	3.8	10:49	4.8	4:11	0.0	4:10	-0.2	5:51	8:24	
14	Sat	11:11	3.9	11:34	4.6	4:54	-0.1	4:59	-0.1	5:52	8:24	
15	Sun			12:00	4.1	5:38	-0.1	5:52	0.0	5:53	8:23	
16	Mon	12:19	4.4	12:50	4.2	6:25	-0.1	6:49	0.2	5:53	8:23	
17	Tue	1:08	4.1	1:44	4.2	7:14	-0.1	7:49	0.3	5:54	8:22	
18	Wed	2:00	3.7	2:42	4.3	8:05	-0.1	8:52	0.5	5:55	8:22	
19	Thu	2:58	3.4	3:46	4.3	9:00	0.0	9:58	0.5	5:56	8:21	
20	Fri	4:02	3.2	4:51	4.4	9:58	0.0	11:06	0.5	5:56	8:20	
21	Sat	5:06	3.1	5:53	4.5	10:58	-0.1			5:57	8:20	
22	Sun	6:09	3.1	6:52	4.6	12:12	0.4	11:59 AM	-0.2	5:58	8:19	
23	Mon	7:06	3.2	7:46	4.7	1:12	0.2	12:57	-0.3	5:59	8:18	
24	Tue	8:00	3.3	8:35	4.7	2:04	0.1	1:51	-0.4	6:00	8:17	
25	Wed	8:50	3.5	9:21	4.7	2:50	0.0	2:41	-0.4	6:00	8:17	
26	Thu	9:37	3.6	10:05	4.5	3:32	-0.1	3:27	-0.3	6:01	8:16	
27	Fri	10:22	3.7	10:46	4.4	4:12	-0.1	4:12	-0.2	6:02	8:15	
28	Sat	11:06	3.7	11:26	4.1	4:50	0.0	4:57	0.0	6:03	8:14	
29	Sun	11:48	3.8			5:28	0.2	5:42	0.3	6:04	8:13	
30	Mon	12:06	3.9	12:31	3.7	6:07	0.3	6:29	0.6	6:04	8:12	
31	Tue	12:47	3.6	1:16	3.7	6:46	0.5	7:17	0.9	6:05	8:11	