US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Jul 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:41	3.4	6:21	4.8	11:33	-0.1			5:44	8:28	
2	Wed	6:39	3.5	7:16	5.0	12:32	0.2	12:30	-0.4	5:44	8:27	
3	Thu	7:35	3.7	8:10	5.3	1:30	-0.1	1:26	-0.6	5:45	8:27	
4	Fri	8:30	3.8	9:04	5.4	2:24	-0.4	2:21	-0.9	5:46	8:27	
5	Sat	9:25	4.0	9:57	5.3	3:16	-0.6	3:16	-1.0	5:46	8:27	
6	Sun	10:20	4.1	10:49	5.2	4:07	-0.7	4:10	-0.9	5:47	8:27	
7	Mon	11:14	4.1	11:40	4.9	4:57	-0.7	5:05	-0.7	5:47	8:27	
8	Tue			12:08	4.1	5:48	-0.6	6:02	-0.4	5:48	8:26	
9	Wed	12:31	4.5	1:02	4.0	6:39	-0.5	7:02	-0.1	5:48	8:26	
10	Thu	1:22	4.0	1:58	4.0	7:31	-0.3	8:03	0.2	5:49	8:26	
11	Fri	2:15	3.6	2:57	3.9	8:23	-0.1	9:05	0.5	5:50	8:25	
12	Sat	3:11	3.3	3:59	3.8	9:15	0.1	10:09	0.7	5:50	8:25	
13	Sun	4:10	3.0	4:59	3.8	10:07	0.3	11:13	0.7	5:51	8:24	
14	Mon	5:09	2.9	5:54	3.9	10:59	0.4			5:52	8:24	
15	Tue	6:03	2.9	6:42	4.0	12:13	0.7	11:51 AM	0.4	5:52	8:23	
16	Wed	6:51	3.0	7:26	4.1	1:03	0.7	12:39	0.3	5:53	8:23	
17	Thu	7:36	3.1	8:08	4.2	1:46	0.6	1:24	0.3	5:54	8:22	
18	Fri	8:19	3.2	8:48	4.3	2:23	0.5	2:07	0.2	5:55	8:22	
19	Sat	9:01	3.3	9:28	4.4	2:58	0.4	2:47	0.1	5:55	8:21	
20	Sun	9:42	3.5	10:07	4.4	3:33	0.4	3:27	0.2	5:56	8:21	
21	Mon	10:23	3.6	10:45	4.3	4:08	0.4	4:07	0.2	5:57	8:20	
22	Tue	11:04	3.7	11:23	4.2	4:44	0.4	4:48	0.4	5:58	8:19	
23	Wed	11:44	3.7			5:22	0.4	5:31	0.5	5:58	8:18	
24	Thu	12:01	4.1	12:26	3.8	6:00	0.4	6:17	0.7	5:59	8:18	
25	Fri	12:40	3.9	1:10	3.9	6:42	0.5	7:08	0.8	6:00	8:17	
26	Sat	1:24	3.7	2:00	4.0	7:27	0.5	8:04	0.9	6:01	8:16	
27	Sun	2:13	3.5	2:55	4.1	8:16	0.4	9:03	0.9	6:02	8:15	
28	Mon	3:10	3.4	3:57	4.3	9:10	0.3	10:06	0.8	6:02	8:14	
29	Tue	4:13	3.3	4:59	4.5	10:09	0.2	11:10	0.6	6:03	8:14	
30	Wed	5:17	3.4	6:00	4.8	11:10	0.0			6:04	8:13	
31	Thu	6:18	3.6	6:58	5.0	12:12	0.3	12:11	-0.3	6:05	8:12	