

































Metompkin Inlet, VA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:04	4.1	12:29	3.4	6:14	0.2	6:19	0.4	5:44	8:28	
2	Sat	12:47	3.9	1:15	3.4	6:57	0.4	7:09	0.7	5:45	8:27	
3	Sun	1:32	3.6	2:04	3.4	7:40	0.5	8:01	0.9	5:45	8:27	
4	Mon	2:19	3.4	2:55	3.4	8:24	0.6	8:54	1.0	5:46	8:27	
5	Tue	3:09	3.2	3:49	3.5	9:10	0.7	9:48	1.1	5:46	8:27	
6	Wed	4:03	3.1	4:44	3.7	9:57	0.7	10:43	1.1	5:47	8:27	
7	Thu	4:57	3.1	5:35	3.9	10:45	0.6	11:38	1.0	5:47	8:26	
8	Fri	5:49	3.2	6:24	4.2	11:35	0.5			5:48	8:26	
9	Sat	6:38	3.3	7:11	4.4	12:30	0.8	12:25	0.3	5:49	8:26	
10	Sun	7:27	3.4	7:58	4.7	1:20	0.5	1:14	0.1	5:49	8:25	
11	Mon	8:15	3.6	8:44	4.9	2:07	0.3	2:02	-0.1	5:50	8:25	
12	Tue	9:02	3.8	9:30	5.0	2:52	0.0	2:50	-0.3	5:51	8:25	
13	Wed	9:51	3.9	10:17	5.0	3:37	-0.2	3:38	-0.4	5:51	8:24	
14	Thu	10:40	4.0	11:04	4.9	4:23	-0.3	4:28	-0.4	5:52	8:24	
15	Fri	11:29	4.1	11:52	4.7	5:10	-0.4	5:20	-0.3	5:53	8:23	
16	Sat			12:20	4.2	5:58	-0.4	6:16	-0.1	5:53	8:23	
17	Sun	12:41	4.5	1:14	4.2	6:49	-0.3	7:15	0.1	5:54	8:22	
18	Mon	1:34	4.1	2:12	4.2	7:42	-0.2	8:17	0.2	5:55	8:21	
19	Tue	2:30	3.8	3:13	4.2	8:36	-0.2	9:21	0.3	5:56	8:21	
20	Wed	3:31	3.5	4:18	4.2	9:33	-0.1	10:27	0.4	5:56	8:20	
21	Thu	4:35	3.3	5:21	4.3	10:31	-0.1	11:33	0.4	5:57	8:20	
22	Fri	5:37	3.2	6:20	4.4	11:30	-0.1			5:58	8:19	
23	Sat	6:35	3.3	7:13	4.5	12:35	0.2	12:27	-0.2	5:59	8:18	
24	Sun	7:28	3.3	8:02	4.6	1:30	0.1	1:20	-0.3	6:00	8:17	
25	Mon	8:17	3.4	8:48	4.6	2:18	0.0	2:09	-0.3	6:00	8:17	
26	Tue	9:04	3.5	9:31	4.5	3:01	-0.1	2:55	-0.3	6:01	8:16	
27	Wed	9:48	3.6	10:13	4.4	3:40	-0.1	3:38	-0.2	6:02	8:15	
28	Thu	10:31	3.7	10:53	4.3	4:19	0.0	4:20	0.0	6:03	8:14	
29	Fri	11:13	3.7	11:33	4.1	4:56	0.1	5:03	0.2	6:04	8:13	
30	Sat	11:55	3.7			5:35	0.3	5:47	0.4	6:04	8:12	
31	Sun	12:13	3.9	12:38	3.7	6:14	0.4	6:33	0.7	6:05	8:11	