




















Metompkin Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:57	3.4	9:22	4.6	2:48	0.3	2:40	0.1	5:44	8:28	
2	Sun	9:40	3.5	10:04	4.6	3:28	0.2	3:22	0.1	5:45	8:27	
3	Mon	10:23	3.6	10:45	4.6	4:09	0.2	4:05	0.1	5:45	8:27	
4	Tue	11:07	3.6	11:28	4.6	4:50	0.1	4:50	0.1	5:46	8:27	
5	Wed	11:51	3.7			5:34	0.1	5:38	0.2	5:46	8:27	
6	Thu	12:11	4.4	12:39	3.8	6:19	0.1	6:30	0.3	5:47	8:27	
7	Fri	12:57	4.3	1:29	3.9	7:07	0.1	7:26	0.4	5:47	8:26	
8	Sat	1:47	4.0	2:25	4.0	7:57	0.1	8:27	0.5	5:48	8:26	
9	Sun	2:43	3.8	3:25	4.1	8:50	0.0	9:29	0.4	5:49	8:26	
10	Mon	3:43	3.6	4:27	4.3	9:46	-0.1	10:34	0.3	5:49	8:26	
11	Tue	4:46	3.5	5:29	4.5	10:43	-0.2	11:38	0.2	5:50	8:25	
12	Wed	5:47	3.5	6:27	4.8	11:41	-0.4			5:51	8:25	
13	Thu	6:46	3.6	7:23	4.9	12:41	-0.1	12:39	-0.5	5:51	8:24	
14	Fri	7:42	3.6	8:17	5.0	1:38	-0.3	1:35	-0.7	5:52	8:24	
15	Sat	8:36	3.7	9:08	5.0	2:31	-0.4	2:28	-0.8	5:53	8:23	
16	Sun	9:28	3.8	9:58	4.9	3:20	-0.5	3:19	-0.7	5:53	8:23	
17	Mon	10:19	3.8	10:45	4.7	4:08	-0.5	4:08	-0.6	5:54	8:22	
18	Tue	11:07	3.8	11:31	4.5	4:53	-0.4	4:58	-0.4	5:55	8:22	
19	Wed	11:55	3.7			5:39	-0.2	5:47	0.0	5:56	8:21	
20	Thu	12:15	4.2	12:42	3.7	6:24	0.0	6:38	0.3	5:56	8:20	
21	Fri	1:00	3.8	1:30	3.6	7:09	0.2	7:30	0.6	5:57	8:20	
22	Sat	1:46	3.5	2:21	3.5	7:54	0.4	8:24	0.8	5:58	8:19	
23	Sun	2:35	3.3	3:14	3.5	8:40	0.6	9:19	1.0	5:59	8:18	
24	Mon	3:28	3.1	4:10	3.6	9:27	0.7	10:15	1.1	5:59	8:18	
25	Tue	4:23	3.0	5:05	3.7	10:16	0.7	11:10	1.1	6:00	8:17	
26	Wed	5:18	3.0	5:56	3.9	11:06	0.7			6:01	8:16	
27	Thu	6:09	3.1	6:44	4.1	12:03	1.0	11:56 AM	0.6	6:02	8:15	
28	Fri	6:57	3.3	7:29	4.4	12:52	0.8	12:44	0.4	6:03	8:14	
29	Sat	7:43	3.4	8:13	4.5	1:37	0.6	1:30	0.2	6:03	8:13	
30	Sun	8:28	3.6	8:56	4.7	2:19	0.4	2:15	0.1	6:04	8:12	
31	Mon	9:13	3.8	9:38	4.8	3:00	0.2	3:00	0.0	6:05	8:11	