

































Metompkin Inlet, VA - Jul 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:34	3.8	3:15	3.6	8:46	0.0	9:15	0.4	5:44	8:28	
2	Mon	3:32	3.5	4:17	3.7	9:37	0.1	10:20	0.5	5:45	8:27	
3	Tue	4:31	3.2	5:15	3.8	10:27	0.2	11:25	0.6	5:45	8:27	
4	Wed	5:28	3.0	6:07	4.0	11:16	0.3			5:46	8:27	
5	Thu	6:19	2.9	6:53	4.1	12:25	0.6	12:04	0.3	5:47	8:27	
6	Fri	7:05	2.9	7:36	4.2	1:17	0.5	12:50	0.3	5:47	8:27	
7	Sat	7:49	2.9	8:18	4.3	2:00	0.5	1:33	0.3	5:48	8:26	
8	Sun	8:32	3.0	8:59	4.3	2:39	0.4	2:15	0.2	5:48	8:26	
9	Mon	9:14	3.1	9:41	4.4	3:16	0.4	2:56	0.2	5:49	8:26	
10	Tue	9:56	3.2	10:21	4.4	3:52	0.4	3:36	0.2	5:50	8:25	
11	Wed	10:37	3.2	11:01	4.3	4:29	0.5	4:16	0.3	5:50	8:25	
12	Thu	11:18	3.2	11:40	4.2	5:07	0.5	4:57	0.4	5:51	8:25	
13	Fri			12:00	3.3	5:46	0.6	5:41	0.6	5:52	8:24	
14	Sat	12:19	4.1	12:42	3.4	6:25	0.6	6:28	0.7	5:52	8:24	
15	Sun	1:00	3.9	1:27	3.5	7:06	0.6	7:19	0.8	5:53	8:23	
16	Mon	1:43	3.7	2:16	3.6	7:49	0.6	8:14	0.9	5:54	8:22	
17	Tue	2:31	3.5	3:10	3.8	8:35	0.6	9:13	0.9	5:54	8:22	
18	Wed	3:26	3.4	4:08	4.1	9:25	0.5	10:15	0.8	5:55	8:21	
19	Thu	4:25	3.3	5:07	4.4	10:18	0.3	11:18	0.6	5:56	8:21	
20	Fri	5:26	3.3	6:06	4.7	11:15	0.1			5:57	8:20	
21	Sat	6:25	3.4	7:03	5.0	12:21	0.3	12:13	-0.2	5:57	8:19	
22	Sun	7:22	3.5	7:59	5.2	1:20	0.0	1:11	-0.5	5:58	8:19	
23	Mon	8:18	3.6	8:54	5.3	2:16	-0.2	2:08	-0.7	5:59	8:18	
24	Tue	9:13	3.8	9:48	5.3	3:08	-0.4	3:03	-0.8	6:00	8:17	
25	Wed	10:08	3.9	10:40	5.2	3:59	-0.5	3:57	-0.8	6:01	8:16	
26	Thu	11:02	4.0	11:31	4.9	4:49	-0.5	4:52	-0.7	6:01	8:15	
27	Fri	11:55	4.0			5:39	-0.4	5:48	-0.4	6:02	8:15	
28	Sat	12:20	4.5	12:48	4.0	6:28	-0.3	6:47	-0.1	6:03	8:14	
29	Sun	1:10	4.1	1:43	3.9	7:18	-0.1	7:47	0.3	6:04	8:13	
30	Mon	2:01	3.7	2:39	3.9	8:08	0.1	8:49	0.6	6:05	8:12	
31	Tue	2:56	3.3	3:39	3.8	8:58	0.4	9:53	0.8	6:06	8:11	