

































## Metompkin Inlet, VA - Jul 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:14	3.1	11:39	4.2	5:10	0.4	4:55	0.3	5:44	8:28	
2	Tue	11:57	3.1			5:50	0.5	5:39	0.5	5:45	8:27	
3	Wed	12:20	4.0	12:41	3.1	6:30	0.6	6:26	0.7	5:45	8:27	
4	Thu	1:02	3.8	1:27	3.2	7:11	0.7	7:16	0.9	5:46	8:27	
5	Fri	1:44	3.6	2:15	3.3	7:52	0.8	8:08	1.0	5:46	8:27	
6	Sat	2:30	3.4	3:06	3.4	8:34	0.8	9:02	1.1	5:47	8:27	
7	Sun	3:20	3.2	4:00	3.6	9:18	0.8	9:59	1.1	5:48	8:26	
8	Mon	4:14	3.1	4:53	3.9	10:04	0.7	10:57	0.9	5:48	8:26	
9	Tue	5:09	3.1	5:46	4.2	10:54	0.5	11:55	0.8	5:49	8:26	
10	Wed	6:02	3.1	6:38	4.5	11:47	0.3			5:49	8:25	
11	Thu	6:55	3.2	7:29	4.8	12:52	0.5	12:40	0.1	5:50	8:25	
12	Fri	7:47	3.4	8:21	5.1	1:45	0.2	1:33	-0.2	5:51	8:25	
13	Sat	8:40	3.5	9:13	5.2	2:37	0.0	2:26	-0.4	5:51	8:24	
14	Sun	9:32	3.6	10:05	5.3	3:27	-0.2	3:18	-0.6	5:52	8:24	
15	Mon	10:25	3.8	10:56	5.2	4:16	-0.3	4:11	-0.6	5:53	8:23	
16	Tue	11:18	3.9	11:47	5.0	5:06	-0.4	5:07	-0.5	5:54	8:23	
17	Wed			12:12	3.9	5:56	-0.3	6:04	-0.3	5:54	8:22	
18	Thu	12:37	4.6	1:08	4.0	6:47	-0.3	7:05	-0.1	5:55	8:21	
19	Fri	1:29	4.2	2:05	4.0	7:38	-0.2	8:09	0.2	5:56	8:21	
20	Sat	2:24	3.7	3:06	4.0	8:30	-0.1	9:14	0.4	5:57	8:20	
21	Sun	3:23	3.4	4:10	4.1	9:23	0.1	10:22	0.5	5:57	8:20	
22	Mon	4:25	3.1	5:12	4.1	10:17	0.2	11:29	0.6	5:58	8:19	
23	Tue	5:26	2.9	6:09	4.2	11:12	0.3			5:59	8:18	
24	Wed	6:23	2.9	7:00	4.3	12:33	0.6	12:06	0.3	6:00	8:17	
25	Thu	7:13	2.9	7:48	4.3	1:27	0.5	12:58	0.2	6:00	8:16	
26	Fri	7:59	3.0	8:31	4.4	2:12	0.5	1:45	0.2	6:01	8:16	
27	Sat	8:42	3.1	9:13	4.4	2:51	0.4	2:29	0.1	6:02	8:15	
28	Sun	9:24	3.2	9:53	4.4	3:28	0.4	3:10	0.1	6:03	8:14	
29	Mon	10:06	3.3	10:32	4.3	4:03	0.4	3:50	0.2	6:04	8:13	
30	Tue	10:47	3.4	11:10	4.2	4:37	0.5	4:30	0.3	6:05	8:12	
31	Wed	11:27	3.5	11:48	4.1	5:13	0.5	5:12	0.5	6:05	8:11	