

































Metompkin Inlet, VA - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:38	3.1	8:08	4.5	1:37	0.6	1:20	0.3	5:44	8:28	
2	Wed	8:24	3.2	8:54	4.7	2:23	0.4	2:06	0.1	5:45	8:27	
3	Thu	9:11	3.3	9:40	4.8	3:07	0.3	2:52	0.0	5:45	8:27	
4	Fri	9:58	3.4	10:26	4.9	3:51	0.2	3:39	-0.1	5:46	8:27	
5	Sat	10:46	3.5	11:13	4.8	4:37	0.1	4:27	-0.1	5:46	8:27	
6	Sun	11:34	3.6			5:23	0.0	5:19	-0.1	5:47	8:27	
7	Mon	12:00	4.7	12:25	3.7	6:11	0.0	6:14	0.1	5:47	8:26	
8	Tue	12:48	4.5	1:18	3.8	6:59	0.0	7:14	0.2	5:48	8:26	
9	Wed	1:39	4.1	2:15	3.9	7:49	0.0	8:17	0.3	5:49	8:26	
10	Thu	2:33	3.8	3:16	4.1	8:40	0.0	9:22	0.4	5:49	8:26	
11	Fri	3:32	3.5	4:18	4.2	9:33	0.0	10:28	0.4	5:50	8:25	
12	Sat	4:34	3.2	5:20	4.4	10:28	0.0	11:36	0.4	5:51	8:25	
13	Sun	5:36	3.1	6:18	4.6	11:24	-0.1			5:51	8:24	
14	Mon	6:34	3.0	7:13	4.7	12:40	0.3	12:21	-0.1	5:52	8:24	
15	Tue	7:29	3.1	8:06	4.7	1:37	0.2	1:16	-0.2	5:53	8:23	
16	Wed	8:21	3.1	8:55	4.7	2:28	0.1	2:08	-0.3	5:53	8:23	
17	Thu	9:10	3.2	9:42	4.6	3:14	0.1	2:56	-0.3	5:54	8:22	
18	Fri	9:57	3.3	10:26	4.5	3:57	0.1	3:42	-0.2	5:55	8:22	
19	Sat	10:42	3.3	11:09	4.4	4:38	0.2	4:27	0.0	5:56	8:21	
20	Sun	11:25	3.4	11:49	4.1	5:18	0.3	5:12	0.2	5:56	8:20	
21	Mon			12:09	3.4	5:57	0.4	5:58	0.4	5:57	8:20	
22	Tue	12:29	3.9	12:53	3.4	6:35	0.5	6:46	0.7	5:58	8:19	
23	Wed	1:10	3.6	1:38	3.5	7:14	0.7	7:36	0.9	5:59	8:18	
24	Thu	1:53	3.3	2:27	3.5	7:55	0.8	8:29	1.1	5:59	8:17	
25	Fri	2:41	3.1	3:19	3.6	8:37	0.9	9:24	1.2	6:00	8:17	
26	Sat	3:33	2.9	4:14	3.7	9:23	0.9	10:21	1.2	6:01	8:16	
27	Sun	4:29	2.9	5:10	3.9	10:13	0.9	11:19	1.2	6:02	8:15	
28	Mon	5:25	2.9	6:03	4.1	11:06	0.8			6:03	8:14	
29	Tue	6:18	3.0	6:54	4.4	12:16	1.0	12:00	0.6	6:04	8:13	
30	Wed	7:09	3.2	7:43	4.7	1:08	0.8	12:53	0.3	6:04	8:12	
31	Thu	7:58	3.4	8:31	4.9	1:57	0.5	1:44	0.0	6:05	8:11	