



























## Metompkin Inlet, VA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:42	3.5	4:26	4.3	9:42	0.1	10:34	0.5	5:44	8:28	
2	Thu	4:43	3.3	5:26	4.5	10:36	0.0	11:40	0.3	5:45	8:27	
3	Fri	5:44	3.3	6:24	4.8	11:33	-0.2			5:45	8:27	
4	Sat	6:43	3.3	7:21	5.0	12:43	0.1	12:31	-0.4	5:46	8:27	
5	Sun	7:40	3.3	8:17	5.1	1:43	-0.1	1:28	-0.5	5:46	8:27	
6	Mon	8:35	3.4	9:11	5.1	2:37	-0.2	2:23	-0.6	5:47	8:27	
7	Tue	9:30	3.4	10:04	5.0	3:29	-0.3	3:16	-0.7	5:47	8:27	
8	Wed	10:22	3.5	10:54	4.8	4:18	-0.3	4:08	-0.5	5:48	8:26	
9	Thu	11:13	3.5	11:42	4.6	5:06	-0.2	5:00	-0.3	5:48	8:26	
10	Fri			12:03	3.5	5:53	-0.1	5:53	0.0	5:49	8:26	
11	Sat	12:28	4.2	12:53	3.5	6:39	0.1	6:47	0.3	5:50	8:25	
12	Sun	1:13	3.8	1:43	3.5	7:24	0.3	7:43	0.6	5:50	8:25	
13	Mon	1:59	3.5	2:35	3.5	8:08	0.5	8:40	0.8	5:51	8:24	
14	Tue	2:48	3.1	3:29	3.5	8:51	0.6	9:37	1.0	5:52	8:24	
15	Wed	3:41	2.9	4:24	3.6	9:36	0.7	10:36	1.1	5:52	8:23	
16	Thu	4:36	2.8	5:17	3.7	10:22	0.8	11:34	1.1	5:53	8:23	
17	Fri	5:30	2.7	6:08	3.9	11:11	0.8			5:54	8:22	
18	Sat	6:21	2.8	6:56	4.1	12:27	1.0	12:01	0.7	5:55	8:22	
19	Sun	7:08	2.9	7:41	4.3	1:15	0.9	12:50	0.5	5:55	8:21	
20	Mon	7:54	3.0	8:25	4.4	1:58	0.8	1:36	0.4	5:56	8:21	
21	Tue	8:38	3.2	9:08	4.6	2:38	0.6	2:20	0.2	5:57	8:20	
22	Wed	9:22	3.3	9:50	4.7	3:17	0.5	3:04	0.1	5:58	8:19	
23	Thu	10:06	3.5	10:31	4.7	3:56	0.3	3:47	0.1	5:58	8:18	
24	Fri	10:49	3.6	11:12	4.6	4:36	0.3	4:32	0.1	5:59	8:18	
25	Sat	11:33	3.8	11:54	4.4	5:16	0.2	5:20	0.2	6:00	8:17	
26	Sun			12:19	3.9	5:58	0.2	6:12	0.3	6:01	8:16	
27	Mon	12:38	4.2	1:08	4.1	6:42	0.2	7:09	0.4	6:02	8:15	
28	Tue	1:25	3.9	2:01	4.2	7:29	0.2	8:09	0.6	6:03	8:14	
29	Wed	2:17	3.5	3:00	4.3	8:20	0.2	9:13	0.6	6:03	8:14	
30	Thu	3:17	3.3	4:04	4.4	9:15	0.2	10:20	0.6	6:04	8:13	
31	Fri	4:22	3.1	5:09	4.5	10:14	0.1	11:28	0.6	6:05	8:12	