

































## Metompkin Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:48	3.9	2:24	3.7	8:00	0.0	8:26	0.4	5:44	8:28	
2	Sat	2:41	3.5	3:24	3.7	8:49	0.2	9:30	0.6	5:45	8:27	
3	Sun	3:37	3.1	4:24	3.8	9:37	0.3	10:34	0.7	5:45	8:27	
4	Mon	4:35	2.9	5:19	3.8	10:25	0.4	11:38	0.8	5:46	8:27	
5	Tue	5:30	2.8	6:10	3.9	11:14	0.5			5:47	8:27	
6	Wed	6:21	2.7	6:56	4.0	12:35	0.8	12:03	0.5	5:47	8:27	
7	Thu	7:07	2.8	7:40	4.1	1:23	0.7	12:50	0.4	5:48	8:26	
8	Fri	7:51	2.9	8:22	4.2	2:05	0.7	1:35	0.4	5:48	8:26	
9	Sat	8:34	3.0	9:04	4.3	2:42	0.6	2:17	0.3	5:49	8:26	
10	Sun	9:16	3.1	9:45	4.4	3:18	0.6	2:58	0.2	5:50	8:25	
11	Mon	9:58	3.2	10:25	4.4	3:54	0.5	3:38	0.3	5:50	8:25	
12	Tue	10:39	3.3	11:03	4.3	4:30	0.5	4:18	0.3	5:51	8:24	
13	Wed	11:20	3.4	11:41	4.2	5:07	0.5	5:00	0.4	5:52	8:24	
14	Thu			12:01	3.5	5:44	0.5	5:45	0.6	5:52	8:24	
15	Fri	12:19	4.1	12:44	3.6	6:23	0.5	6:34	0.7	5:53	8:23	
16	Sat	12:59	3.9	1:29	3.7	7:04	0.5	7:27	0.8	5:54	8:22	
17	Sun	1:43	3.6	2:20	3.9	7:48	0.5	8:25	0.8	5:54	8:22	
18	Mon	2:34	3.4	3:17	4.1	8:36	0.4	9:27	0.8	5:55	8:21	
19	Tue	3:32	3.2	4:18	4.3	9:29	0.3	10:31	0.7	5:56	8:21	
20	Wed	4:35	3.1	5:21	4.6	10:26	0.2	11:37	0.5	5:57	8:20	
21	Thu	5:39	3.2	6:22	4.8	11:27	0.0			5:58	8:19	
22	Fri	6:39	3.3	7:20	5.1	12:41	0.3	12:28	-0.3	5:58	8:19	
23	Sat	7:38	3.4	8:17	5.2	1:39	0.0	1:28	-0.5	5:59	8:18	
24	Sun	8:34	3.6	9:11	5.2	2:34	-0.2	2:25	-0.7	6:00	8:17	
25	Mon	9:30	3.8	10:03	5.2	3:24	-0.4	3:19	-0.8	6:01	8:16	
26	Tue	10:23	3.9	10:53	4.9	4:12	-0.4	4:13	-0.7	6:01	8:15	
27	Wed	11:15	4.0	11:41	4.6	4:59	-0.4	5:07	-0.5	6:02	8:15	
28	Thu			12:06	4.1	5:46	-0.3	6:02	-0.2	6:03	8:14	
29	Fri	12:27	4.2	12:56	4.0	6:32	-0.1	6:59	0.2	6:04	8:13	
30	Sat	1:14	3.7	1:48	3.9	7:18	0.1	7:58	0.5	6:05	8:12	
31	Sun	2:03	3.3	2:43	3.8	8:05	0.4	8:58	0.8	6:06	8:11	