

































Metompkin Inlet, VA - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:34	3.1	10:59	4.3	4:30	0.4	4:15	0.2	5:44	8:28	
2	Sun	11:16	3.2	11:39	4.1	5:08	0.5	4:56	0.4	5:45	8:27	
3	Mon	11:57	3.2			5:45	0.6	5:40	0.6	5:45	8:27	
4	Tue	12:18	3.9	12:40	3.3	6:23	0.6	6:26	0.7	5:46	8:27	
5	Wed	12:57	3.7	1:24	3.4	7:02	0.7	7:15	0.9	5:46	8:27	
6	Thu	1:38	3.5	2:11	3.5	7:42	0.7	8:08	1.0	5:47	8:27	
7	Fri	2:23	3.3	3:02	3.6	8:25	0.7	9:04	1.1	5:48	8:26	
8	Sat	3:14	3.2	3:57	3.8	9:11	0.7	10:02	1.0	5:48	8:26	
9	Sun	4:11	3.1	4:54	4.1	10:01	0.6	11:03	0.9	5:49	8:26	
10	Mon	5:09	3.1	5:50	4.4	10:55	0.4			5:49	8:25	
11	Tue	6:06	3.1	6:45	4.7	12:03	0.7	11:52 AM	0.1	5:50	8:25	
12	Wed	7:02	3.3	7:40	5.0	1:02	0.4	12:50	-0.2	5:51	8:25	
13	Thu	7:57	3.4	8:33	5.2	1:57	0.1	1:45	-0.4	5:51	8:24	
14	Fri	8:52	3.6	9:26	5.3	2:48	-0.2	2:40	-0.7	5:52	8:24	
15	Sat	9:46	3.8	10:18	5.3	3:38	-0.4	3:34	-0.8	5:53	8:23	
16	Sun	10:40	4.0	11:09	5.1	4:27	-0.5	4:28	-0.7	5:54	8:23	
17	Mon	11:33	4.1	11:58	4.7	5:16	-0.5	5:25	-0.5	5:54	8:22	
18	Tue			12:27	4.2	6:05	-0.4	6:23	-0.3	5:55	8:21	
19	Wed	12:48	4.3	1:21	4.2	6:55	-0.3	7:24	0.1	5:56	8:21	
20	Thu	1:40	3.8	2:19	4.1	7:45	-0.1	8:28	0.4	5:57	8:20	
21	Fri	2:34	3.4	3:20	4.1	8:37	0.0	9:34	0.6	5:57	8:19	
22	Sat	3:34	3.0	4:23	4.0	9:30	0.2	10:42	0.7	5:58	8:19	
23	Sun	4:36	2.8	5:25	4.0	10:25	0.4	11:49	0.8	5:59	8:18	
24	Mon	5:37	2.7	6:21	4.1	11:21	0.4			6:00	8:17	
25	Tue	6:32	2.8	7:11	4.2	12:49	0.7	12:15	0.4	6:00	8:16	
26	Wed	7:19	2.9	7:56	4.2	1:38	0.7	1:06	0.3	6:01	8:16	
27	Thu	8:03	3.0	8:37	4.3	2:18	0.6	1:51	0.2	6:02	8:15	
28	Fri	8:46	3.2	9:16	4.3	2:53	0.6	2:33	0.2	6:03	8:14	
29	Sat	9:27	3.3	9:54	4.3	3:26	0.5	3:12	0.2	6:04	8:13	
30	Sun	10:07	3.4	10:32	4.3	3:59	0.5	3:52	0.2	6:05	8:12	
31	Mon	10:47	3.6	11:08	4.2	4:32	0.5	4:31	0.4	6:05	8:11	