

































Metompkin Inlet, VA - Jul 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:51	3.1	7:24	4.5	12:49	0.8	12:34	0.3	5:44	8:28	
2	Mon	7:39	3.2	8:12	4.7	1:38	0.5	1:24	0.1	5:45	8:27	
3	Tue	8:28	3.3	9:00	4.9	2:26	0.3	2:13	-0.1	5:45	8:27	
4	Wed	9:17	3.5	9:47	5.0	3:12	0.1	3:01	-0.3	5:46	8:27	
5	Thu	10:06	3.6	10:35	5.0	3:57	-0.1	3:51	-0.4	5:46	8:27	
6	Fri	10:56	3.8	11:22	4.9	4:43	-0.2	4:42	-0.3	5:47	8:27	
7	Sat	11:47	3.9			5:30	-0.2	5:36	-0.2	5:47	8:26	
8	Sun	12:10	4.6	12:39	4.0	6:18	-0.2	6:34	0.0	5:48	8:26	
9	Mon	1:00	4.3	1:34	4.1	7:08	-0.2	7:35	0.2	5:49	8:26	
10	Tue	1:52	3.9	2:32	4.1	7:59	-0.2	8:39	0.3	5:49	8:26	
11	Wed	2:48	3.5	3:34	4.2	8:51	-0.1	9:45	0.5	5:50	8:25	
12	Thu	3:49	3.2	4:38	4.3	9:46	0.0	10:53	0.5	5:51	8:25	
13	Fri	4:53	3.0	5:40	4.4	10:43	0.0			5:51	8:24	
14	Sat	5:54	2.9	6:38	4.4	12:00	0.5	11:42 AM	0.0	5:52	8:24	
15	Sun	6:51	3.0	7:31	4.5	1:02	0.4	12:39	-0.1	5:53	8:23	
16	Mon	7:43	3.0	8:20	4.5	1:54	0.3	1:31	-0.1	5:53	8:23	
17	Tue	8:32	3.1	9:05	4.5	2:40	0.2	2:20	-0.2	5:54	8:22	
18	Wed	9:18	3.3	9:48	4.5	3:21	0.2	3:05	-0.2	5:55	8:22	
19	Thu	10:02	3.4	10:28	4.4	3:59	0.2	3:48	-0.1	5:56	8:21	
20	Fri	10:44	3.4	11:08	4.2	4:36	0.2	4:30	0.1	5:56	8:20	
21	Sat	11:26	3.5	11:46	4.0	5:12	0.3	5:13	0.3	5:57	8:20	
22	Sun			12:07	3.5	5:48	0.4	5:58	0.6	5:58	8:19	
23	Mon	12:25	3.8	12:50	3.6	6:25	0.6	6:44	0.8	5:59	8:18	
24	Tue	1:05	3.5	1:34	3.6	7:04	0.7	7:34	1.0	6:00	8:17	
25	Wed	1:47	3.3	2:22	3.6	7:45	0.8	8:26	1.2	6:00	8:17	
26	Thu	2:34	3.0	3:15	3.7	8:30	0.9	9:22	1.3	6:01	8:16	
27	Fri	3:28	2.9	4:13	3.8	9:19	0.9	10:20	1.3	6:02	8:15	
28	Sat	4:26	2.9	5:10	4.0	10:12	0.8	11:20	1.1	6:03	8:14	
29	Sun	5:24	3.0	6:05	4.3	11:08	0.6			6:04	8:13	
30	Mon	6:19	3.1	6:58	4.6	12:17	0.9	12:05	0.3	6:04	8:12	
31	Tue	7:12	3.3	7:48	4.9	1:11	0.6	1:00	0.0	6:05	8:11	