

































Metompkin Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:27	3.4	6:03	4.3	11:18	0.3			5:44	8:28	
2	Thu	6:20	3.5	6:54	4.7	12:08	0.5	12:10	0.1	5:45	8:27	
3	Fri	7:12	3.6	7:44	5.0	1:03	0.2	1:02	-0.2	5:45	8:27	
4	Sat	8:04	3.8	8:35	5.2	1:56	-0.1	1:54	-0.5	5:46	8:27	
5	Sun	8:56	3.9	9:27	5.3	2:47	-0.4	2:45	-0.7	5:46	8:27	
6	Mon	9:49	4.0	10:19	5.3	3:38	-0.5	3:37	-0.8	5:47	8:27	
7	Tue	10:42	4.0	11:10	5.2	4:28	-0.6	4:31	-0.7	5:48	8:26	
8	Wed	11:36	4.0			5:19	-0.6	5:26	-0.6	5:48	8:26	
9	Thu	12:02	4.9	12:30	4.0	6:12	-0.5	6:24	-0.4	5:49	8:26	
10	Fri	12:54	4.6	1:27	4.0	7:06	-0.4	7:26	-0.1	5:49	8:25	
11	Sat	1:49	4.2	2:27	3.9	8:00	-0.3	8:29	0.1	5:50	8:25	
12	Sun	2:46	3.8	3:29	3.9	8:55	-0.1	9:34	0.3	5:51	8:25	
13	Mon	3:47	3.5	4:33	4.0	9:49	0.0	10:40	0.4	5:51	8:24	
14	Tue	4:48	3.2	5:33	4.0	10:44	0.1	11:44	0.4	5:52	8:24	
15	Wed	5:46	3.1	6:26	4.1	11:37	0.1			5:53	8:23	
16	Thu	6:39	3.1	7:14	4.2	12:43	0.4	12:29	0.1	5:53	8:23	
17	Fri	7:26	3.1	7:58	4.3	1:33	0.3	1:16	0.1	5:54	8:22	
18	Sat	8:11	3.2	8:39	4.3	2:16	0.3	2:00	0.0	5:55	8:22	
19	Sun	8:53	3.3	9:20	4.4	2:55	0.2	2:41	0.0	5:56	8:21	
20	Mon	9:36	3.4	10:00	4.4	3:31	0.2	3:22	0.1	5:56	8:20	
21	Tue	10:17	3.4	10:40	4.3	4:07	0.3	4:01	0.2	5:57	8:20	
22	Wed	10:58	3.5	11:19	4.2	4:44	0.3	4:42	0.3	5:58	8:19	
23	Thu	11:40	3.5	11:59	4.1	5:22	0.4	5:24	0.5	5:59	8:18	
24	Fri			12:21	3.5	6:00	0.5	6:08	0.7	6:00	8:17	
25	Sat	12:38	3.9	1:04	3.6	6:41	0.6	6:56	0.9	6:00	8:17	
26	Sun	1:20	3.7	1:50	3.6	7:23	0.7	7:47	1.0	6:01	8:16	
27	Mon	2:05	3.5	2:41	3.7	8:08	0.7	8:42	1.0	6:02	8:15	
28	Tue	2:56	3.4	3:37	3.9	8:57	0.7	9:39	1.0	6:03	8:14	
29	Wed	3:53	3.4	4:35	4.1	9:49	0.5	10:39	0.8	6:04	8:13	
30	Thu	4:52	3.4	5:32	4.4	10:44	0.3	11:40	0.6	6:04	8:12	
31	Fri	5:50	3.5	6:28	4.8	11:41	0.1			6:05	8:11	