

































## Metompkin Inlet, VA - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:21	3.4	6:12	-0.1	6:11	0.0	5:45	8:28	
2	Sun	12:45	4.2	1:11	3.3	7:01	0.1	7:05	0.3	5:45	8:27	
3	Mon	1:32	3.8	2:03	3.3	7:48	0.3	8:00	0.6	5:46	8:27	
4	Tue	2:21	3.5	2:57	3.3	8:34	0.5	8:56	0.8	5:46	8:27	
5	Wed	3:13	3.3	3:53	3.4	9:19	0.6	9:53	0.9	5:47	8:27	
6	Thu	4:07	3.1	4:47	3.5	10:04	0.7	10:49	1.0	5:47	8:27	
7	Fri	5:00	3.0	5:37	3.7	10:50	0.7	11:44	0.9	5:48	8:26	
8	Sat	5:50	3.0	6:24	4.0	11:37	0.6			5:48	8:26	
9	Sun	6:38	3.1	7:09	4.2	12:35	0.8	12:23	0.5	5:49	8:26	
10	Mon	7:24	3.2	7:53	4.4	1:21	0.7	1:08	0.4	5:50	8:25	
11	Tue	8:09	3.3	8:36	4.5	2:04	0.5	1:52	0.2	5:50	8:25	
12	Wed	8:53	3.4	9:19	4.7	2:46	0.4	2:36	0.1	5:51	8:24	
13	Thu	9:37	3.5	10:02	4.7	3:27	0.3	3:19	0.0	5:52	8:24	
14	Fri	10:21	3.6	10:46	4.8	4:09	0.2	4:03	0.0	5:52	8:24	
15	Sat	11:06	3.7	11:30	4.7	4:52	0.1	4:50	0.0	5:53	8:23	
16	Sun	11:53	3.7			5:37	0.1	5:40	0.1	5:54	8:22	
17	Mon	12:15	4.5	12:41	3.8	6:23	0.1	6:34	0.2	5:55	8:22	
18	Tue	1:02	4.3	1:34	3.9	7:12	0.1	7:32	0.3	5:55	8:21	
19	Wed	1:53	4.1	2:31	4.0	8:03	0.1	8:34	0.4	5:56	8:21	
20	Thu	2:50	3.8	3:32	4.2	8:56	0.0	9:38	0.4	5:57	8:20	
21	Fri	3:51	3.6	4:35	4.3	9:51	0.0	10:44	0.4	5:58	8:19	
22	Sat	4:54	3.4	5:36	4.5	10:48	-0.1	11:49	0.2	5:58	8:19	
23	Sun	5:55	3.4	6:35	4.7	11:47	-0.2			5:59	8:18	
24	Mon	6:53	3.4	7:30	4.9	12:51	0.1	12:44	-0.4	6:00	8:17	
25	Tue	7:48	3.5	8:22	4.9	1:48	-0.1	1:39	-0.5	6:01	8:16	
26	Wed	8:40	3.6	9:13	4.9	2:39	-0.2	2:31	-0.6	6:02	8:15	
27	Thu	9:31	3.6	10:00	4.8	3:26	-0.3	3:20	-0.5	6:02	8:15	
28	Fri	10:19	3.7	10:46	4.6	4:11	-0.2	4:08	-0.4	6:03	8:14	
29	Sat	11:05	3.7	11:30	4.4	4:54	-0.1	4:55	-0.2	6:04	8:13	
30	Sun	11:51	3.6			5:37	0.0	5:43	0.1	6:05	8:12	
31	Mon	12:12	4.1	12:36	3.6	6:19	0.2	6:32	0.4	6:06	8:11	