

































Metompkin Inlet, VA - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:50	3.1	9:16	4.4	2:50	0.4	2:33	0.2	5:44	8:28	
2	Mon	9:33	3.2	9:57	4.4	3:27	0.4	3:12	0.2	5:45	8:27	
3	Tue	10:14	3.2	10:38	4.4	4:05	0.4	3:53	0.3	5:45	8:27	
4	Wed	10:56	3.3	11:18	4.4	4:44	0.4	4:34	0.4	5:46	8:27	
5	Thu	11:38	3.3	11:58	4.3	5:25	0.5	5:17	0.5	5:47	8:27	
6	Fri			12:21	3.3	6:06	0.5	6:04	0.6	5:47	8:27	
7	Sat	12:40	4.2	1:06	3.4	6:50	0.5	6:55	0.7	5:48	8:26	
8	Sun	1:24	4.0	1:56	3.6	7:35	0.5	7:51	0.7	5:48	8:26	
9	Mon	2:13	3.8	2:50	3.7	8:23	0.4	8:50	0.7	5:49	8:26	
10	Tue	3:08	3.7	3:49	4.0	9:13	0.3	9:52	0.6	5:50	8:25	
11	Wed	4:07	3.5	4:49	4.3	10:06	0.1	10:56	0.4	5:50	8:25	
12	Thu	5:08	3.5	5:48	4.6	11:01	-0.1			5:51	8:25	
13	Fri	6:07	3.5	6:45	4.9	12:00	0.2	11:58 AM	-0.3	5:52	8:24	
14	Sat	7:05	3.6	7:41	5.2	1:01	-0.1	12:56	-0.5	5:52	8:24	
15	Sun	8:01	3.6	8:36	5.3	1:58	-0.3	1:52	-0.7	5:53	8:23	
16	Mon	8:56	3.7	9:30	5.3	2:52	-0.5	2:46	-0.8	5:54	8:23	
17	Tue	9:51	3.8	10:23	5.2	3:44	-0.6	3:39	-0.8	5:54	8:22	
18	Wed	10:44	3.8	11:14	4.9	4:34	-0.5	4:33	-0.7	5:55	8:21	
19	Thu	11:37	3.8			5:24	-0.4	5:27	-0.4	5:56	8:21	
20	Fri	12:03	4.6	12:29	3.7	6:14	-0.2	6:23	-0.1	5:57	8:20	
21	Sat	12:52	4.2	1:21	3.7	7:03	0.0	7:20	0.2	5:57	8:19	
22	Sun	1:41	3.8	2:15	3.6	7:52	0.2	8:19	0.5	5:58	8:19	
23	Mon	2:32	3.4	3:11	3.6	8:40	0.4	9:19	0.8	5:59	8:18	
24	Tue	3:26	3.1	4:09	3.6	9:27	0.5	10:19	0.9	6:00	8:17	
25	Wed	4:23	3.0	5:05	3.7	10:15	0.6	11:19	1.0	6:01	8:16	
26	Thu	5:18	2.9	5:56	3.9	11:04	0.7			6:01	8:16	
27	Fri	6:09	2.9	6:43	4.0	12:14	0.9	11:53 AM	0.6	6:02	8:15	
28	Sat	6:56	3.0	7:27	4.2	1:02	0.8	12:40	0.5	6:03	8:14	
29	Sun	7:40	3.1	8:10	4.3	1:44	0.7	1:25	0.4	6:04	8:13	
30	Mon	8:24	3.3	8:52	4.5	2:23	0.6	2:08	0.3	6:05	8:12	
31	Tue	9:06	3.4	9:33	4.5	3:01	0.5	2:50	0.2	6:06	8:11	