

































Metompkin Inlet, VA - Jul 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:42	3.4	5:21	4.2	10:35	0.4	11:25	0.6	5:44	8:28	
2	Tue	5:38	3.4	6:14	4.5	11:27	0.2			5:45	8:27	
3	Wed	6:32	3.4	7:07	4.9	12:25	0.3	12:21	-0.1	5:45	8:27	
4	Thu	7:26	3.5	8:00	5.1	1:21	0.0	1:14	-0.3	5:46	8:27	
5	Fri	8:20	3.6	8:53	5.3	2:16	-0.2	2:08	-0.6	5:46	8:27	
6	Sat	9:14	3.7	9:47	5.4	3:09	-0.4	3:01	-0.7	5:47	8:27	
7	Sun	10:08	3.7	10:40	5.3	4:00	-0.5	3:55	-0.8	5:48	8:26	
8	Mon	11:03	3.8	11:33	5.1	4:52	-0.5	4:50	-0.7	5:48	8:26	
9	Tue	11:58	3.8			5:45	-0.4	5:48	-0.5	5:49	8:26	
10	Wed	12:25	4.8	12:53	3.8	6:38	-0.3	6:48	-0.2	5:49	8:25	
11	Thu	1:18	4.4	1:51	3.8	7:31	-0.2	7:50	0.1	5:50	8:25	
12	Fri	2:13	3.9	2:52	3.8	8:24	-0.1	8:55	0.3	5:51	8:25	
13	Sat	3:10	3.5	3:55	3.8	9:15	0.1	10:00	0.5	5:51	8:24	
14	Sun	4:10	3.2	4:56	3.9	10:07	0.2	11:06	0.6	5:52	8:24	
15	Mon	5:09	3.0	5:51	4.0	10:58	0.3			5:53	8:23	
16	Tue	6:03	2.9	6:40	4.1	12:09	0.6	11:49 AM	0.3	5:53	8:23	
17	Wed	6:52	2.9	7:25	4.2	1:04	0.6	12:37	0.3	5:54	8:22	
18	Thu	7:37	3.0	8:08	4.3	1:49	0.5	1:23	0.3	5:55	8:22	
19	Fri	8:20	3.0	8:49	4.3	2:29	0.5	2:05	0.2	5:56	8:21	
20	Sat	9:02	3.1	9:30	4.4	3:06	0.4	2:46	0.2	5:56	8:20	
21	Sun	9:44	3.2	10:10	4.4	3:41	0.4	3:26	0.2	5:57	8:20	
22	Mon	10:25	3.3	10:50	4.3	4:17	0.5	4:06	0.3	5:58	8:19	
23	Tue	11:06	3.4	11:28	4.2	4:54	0.5	4:47	0.4	5:59	8:18	
24	Wed	11:47	3.4			5:31	0.6	5:29	0.6	6:00	8:17	
25	Thu	12:06	4.1	12:28	3.5	6:09	0.6	6:15	0.7	6:00	8:17	
26	Fri	12:45	3.9	1:11	3.6	6:49	0.7	7:04	0.9	6:01	8:16	
27	Sat	1:27	3.7	1:58	3.7	7:31	0.7	7:58	0.9	6:02	8:15	
28	Sun	2:13	3.5	2:51	3.8	8:16	0.7	8:55	1.0	6:03	8:14	
29	Mon	3:07	3.4	3:49	4.1	9:05	0.6	9:56	0.9	6:04	8:13	
30	Tue	4:06	3.3	4:49	4.3	9:59	0.4	10:59	0.7	6:05	8:12	
31	Wed	5:07	3.3	5:48	4.6	10:57	0.2			6:05	8:11	