

































Metompkin Inlet, VA - Jul 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:31	4.4	2:06	3.7	7:46	-0.1	8:03	0.2	5:44	8:28	
2	Wed	2:27	4.0	3:08	3.8	8:38	-0.1	9:09	0.3	5:45	8:28	
3	Thu	3:26	3.7	4:11	4.0	9:31	0.0	10:15	0.4	5:45	8:27	
4	Fri	4:27	3.4	5:12	4.2	10:24	0.0	11:22	0.4	5:46	8:27	
5	Sat	5:27	3.2	6:08	4.3	11:18	0.0			5:46	8:27	
6	Sun	6:23	3.1	7:01	4.5	12:26	0.3	12:11	-0.1	5:47	8:27	
7	Mon	7:16	3.0	7:49	4.5	1:23	0.2	1:02	-0.1	5:47	8:27	
8	Tue	8:04	3.1	8:36	4.5	2:13	0.1	1:50	-0.1	5:48	8:26	
9	Wed	8:51	3.1	9:21	4.5	2:58	0.1	2:36	-0.1	5:49	8:26	
10	Thu	9:36	3.1	10:04	4.5	3:39	0.2	3:20	-0.1	5:49	8:26	
11	Fri	10:19	3.2	10:46	4.4	4:19	0.2	4:02	0.0	5:50	8:25	
12	Sat	11:02	3.2	11:27	4.2	4:58	0.3	4:45	0.2	5:51	8:25	
13	Sun	11:45	3.2			5:37	0.5	5:29	0.4	5:51	8:24	
14	Mon	12:08	4.0	12:28	3.3	6:16	0.6	6:14	0.6	5:52	8:24	
15	Tue	12:48	3.8	1:13	3.3	6:55	0.7	7:03	0.8	5:53	8:23	
16	Wed	1:30	3.6	1:59	3.4	7:36	0.8	7:54	1.0	5:53	8:23	
17	Thu	2:15	3.4	2:49	3.5	8:17	0.8	8:48	1.1	5:54	8:22	
18	Fri	3:04	3.2	3:43	3.6	9:01	0.8	9:44	1.1	5:55	8:22	
19	Sat	3:57	3.1	4:37	3.8	9:48	0.8	10:42	1.1	5:56	8:21	
20	Sun	4:53	3.0	5:31	4.1	10:38	0.7	11:40	0.9	5:56	8:20	
21	Mon	5:48	3.1	6:24	4.4	11:32	0.5			5:57	8:20	
22	Tue	6:41	3.2	7:16	4.7	12:37	0.7	12:26	0.2	5:58	8:19	
23	Wed	7:33	3.4	8:07	5.0	1:31	0.4	1:19	-0.1	5:59	8:18	
24	Thu	8:25	3.5	8:58	5.2	2:22	0.1	2:12	-0.3	5:59	8:18	
25	Fri	9:17	3.7	9:49	5.2	3:11	-0.1	3:04	-0.5	6:00	8:17	
26	Sat	10:09	3.9	10:39	5.2	3:59	-0.3	3:56	-0.6	6:01	8:16	
27	Sun	11:01	4.0	11:29	5.0	4:47	-0.4	4:50	-0.6	6:02	8:15	
28	Mon	11:54	4.1			5:36	-0.4	5:47	-0.4	6:03	8:14	
29	Tue	12:19	4.7	12:48	4.2	6:25	-0.3	6:46	-0.1	6:03	8:13	
30	Wed	1:10	4.3	1:44	4.2	7:16	-0.2	7:48	0.2	6:04	8:13	
31	Thu	2:03	3.8	2:43	4.2	8:08	-0.1	8:53	0.4	6:05	8:12	