

































Metompkin Inlet, VA - Jul 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:41	3.2			5:36	0.1	5:26	0.0	5:45	8:28	
2	Fri	12:07	4.3	12:28	3.2	6:22	0.3	6:17	0.3	5:45	8:27	
3	Sat	12:52	4.0	1:16	3.2	7:06	0.4	7:10	0.6	5:46	8:27	
4	Sun	1:37	3.7	2:06	3.2	7:50	0.6	8:03	0.8	5:46	8:27	
5	Mon	2:23	3.4	2:59	3.3	8:32	0.7	8:59	1.0	5:47	8:27	
6	Tue	3:13	3.1	3:53	3.4	9:14	0.8	9:55	1.1	5:47	8:27	
7	Wed	4:06	3.0	4:46	3.6	9:58	0.8	10:51	1.1	5:48	8:26	
8	Thu	4:59	2.9	5:36	3.8	10:44	0.8	11:46	1.0	5:48	8:26	
9	Fri	5:51	2.9	6:25	4.0	11:32	0.7			5:49	8:26	
10	Sat	6:39	3.0	7:11	4.3	12:38	0.9	12:20	0.6	5:50	8:25	
11	Sun	7:26	3.1	7:57	4.5	1:26	0.7	1:08	0.4	5:50	8:25	
12	Mon	8:13	3.2	8:43	4.7	2:12	0.5	1:55	0.2	5:51	8:24	
13	Tue	8:59	3.3	9:28	4.8	2:55	0.4	2:41	0.0	5:52	8:24	
14	Wed	9:45	3.4	10:13	4.9	3:38	0.2	3:27	-0.1	5:52	8:24	
15	Thu	10:32	3.5	10:58	4.8	4:22	0.1	4:14	-0.1	5:53	8:23	
16	Fri	11:19	3.7	11:44	4.7	5:06	0.0	5:04	-0.1	5:54	8:22	
17	Sat			12:08	3.8	5:52	0.0	5:58	0.0	5:55	8:22	
18	Sun	12:30	4.5	12:59	3.9	6:39	0.0	6:55	0.2	5:55	8:21	
19	Mon	1:19	4.2	1:54	4.0	7:28	0.0	7:57	0.3	5:56	8:21	
20	Tue	2:12	3.8	2:53	4.1	8:18	0.0	9:01	0.5	5:57	8:20	
21	Wed	3:10	3.5	3:55	4.3	9:11	0.0	10:07	0.5	5:58	8:19	
22	Thu	4:12	3.2	4:59	4.4	10:07	0.0	11:15	0.5	5:58	8:19	
23	Fri	5:16	3.1	6:00	4.5	11:05	0.0			5:59	8:18	
24	Sat	6:17	3.1	6:57	4.7	12:21	0.4	12:04	-0.1	6:00	8:17	
25	Sun	7:13	3.1	7:51	4.7	1:21	0.2	1:01	-0.2	6:01	8:16	
26	Mon	8:06	3.2	8:42	4.7	2:13	0.1	1:55	-0.3	6:02	8:15	
27	Tue	8:56	3.3	9:29	4.7	3:00	0.1	2:44	-0.3	6:02	8:15	
28	Wed	9:44	3.4	10:14	4.6	3:43	0.1	3:31	-0.2	6:03	8:14	
29	Thu	10:29	3.5	10:56	4.4	4:24	0.1	4:16	-0.1	6:04	8:13	
30	Fri	11:13	3.5	11:36	4.2	5:03	0.2	5:01	0.1	6:05	8:12	
31	Sat	11:56	3.6			5:41	0.3	5:47	0.4	6:06	8:11	