

































## Metompkin Inlet, VA - Jul 2062

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:48	3.3	4:30	4.1	9:44	0.4	10:36	0.7	5:44	8:28	
2	Sun	4:46	3.2	5:27	4.4	10:36	0.3	11:39	0.5	5:45	8:27	
3	Mon	5:44	3.2	6:23	4.7	11:32	0.0			5:45	8:27	
4	Tue	6:42	3.3	7:19	5.0	12:40	0.3	12:29	-0.2	5:46	8:27	
5	Wed	7:38	3.4	8:15	5.2	1:38	0.0	1:26	-0.5	5:46	8:27	
6	Thu	8:34	3.5	9:10	5.3	2:33	-0.2	2:22	-0.7	5:47	8:27	
7	Fri	9:29	3.6	10:04	5.3	3:26	-0.4	3:17	-0.8	5:48	8:26	
8	Sat	10:25	3.7	10:57	5.2	4:17	-0.4	4:12	-0.8	5:48	8:26	
9	Sun	11:19	3.8	11:48	4.9	5:08	-0.4	5:08	-0.6	5:49	8:26	
10	Mon			12:14	3.8	5:59	-0.4	6:06	-0.3	5:49	8:25	
11	Tue	12:39	4.5	1:08	3.8	6:49	-0.2	7:06	0.0	5:50	8:25	
12	Wed	1:29	4.0	2:05	3.8	7:39	-0.1	8:08	0.3	5:51	8:25	
13	Thu	2:22	3.6	3:03	3.8	8:28	0.1	9:12	0.6	5:51	8:24	
14	Fri	3:17	3.2	4:04	3.8	9:18	0.3	10:17	0.7	5:52	8:24	
15	Sat	4:16	2.9	5:02	3.9	10:07	0.4	11:22	0.8	5:53	8:23	
16	Sun	5:14	2.8	5:56	3.9	10:58	0.5			5:54	8:23	
17	Mon	6:07	2.7	6:45	4.0	12:23	0.8	11:49 AM	0.5	5:54	8:22	
18	Tue	6:56	2.8	7:30	4.1	1:14	0.8	12:39	0.5	5:55	8:22	
19	Wed	7:40	2.9	8:13	4.2	1:57	0.7	1:25	0.4	5:56	8:21	
20	Thu	8:23	3.0	8:55	4.3	2:34	0.7	2:08	0.3	5:57	8:20	
21	Fri	9:06	3.1	9:35	4.4	3:09	0.6	2:49	0.2	5:57	8:20	
22	Sat	9:47	3.3	10:14	4.4	3:44	0.5	3:29	0.2	5:58	8:19	
23	Sun	10:28	3.4	10:52	4.3	4:18	0.5	4:09	0.3	5:59	8:18	
24	Mon	11:08	3.5	11:29	4.2	4:54	0.5	4:50	0.4	6:00	8:17	
25	Tue	11:48	3.6			5:30	0.5	5:33	0.6	6:00	8:17	
26	Wed	12:06	4.0	12:29	3.7	6:07	0.5	6:20	0.7	6:01	8:16	
27	Thu	12:44	3.8	1:13	3.8	6:46	0.6	7:11	0.8	6:02	8:15	
28	Fri	1:27	3.6	2:02	3.9	7:28	0.6	8:08	0.9	6:03	8:14	
29	Sat	2:15	3.4	2:57	4.1	8:16	0.5	9:08	0.9	6:04	8:13	
30	Sun	3:12	3.2	3:58	4.3	9:09	0.5	10:12	0.9	6:05	8:12	
31	Mon	4:15	3.1	5:02	4.5	10:07	0.3	11:18	0.7	6:05	8:11	