

































Metompkin Inlet, VA - Jul 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:20	3.4	10:45	4.4	4:15	0.0	4:07	-0.1	5:45	8:28	
2	Mon	11:04	3.4	11:27	4.2	4:54	0.1	4:50	0.1	5:45	8:27	
3	Tue	11:48	3.4			5:34	0.2	5:35	0.3	5:46	8:27	
4	Wed	12:07	4.0	12:31	3.4	6:14	0.3	6:21	0.6	5:46	8:27	
5	Thu	12:48	3.8	1:16	3.4	6:54	0.5	7:10	0.8	5:47	8:27	
6	Fri	1:31	3.5	2:04	3.5	7:36	0.6	8:01	1.0	5:47	8:27	
7	Sat	2:17	3.3	2:55	3.5	8:19	0.7	8:54	1.1	5:48	8:26	
8	Sun	3:07	3.1	3:49	3.6	9:05	0.7	9:49	1.1	5:49	8:26	
9	Mon	4:01	3.0	4:44	3.8	9:53	0.7	10:46	1.1	5:49	8:26	
10	Tue	4:57	3.1	5:37	4.1	10:44	0.6	11:42	0.9	5:50	8:25	
11	Wed	5:51	3.1	6:28	4.4	11:37	0.4			5:50	8:25	
12	Thu	6:42	3.3	7:17	4.6	12:37	0.7	12:30	0.2	5:51	8:24	
13	Fri	7:33	3.5	8:06	4.9	1:28	0.4	1:21	-0.1	5:52	8:24	
14	Sat	8:23	3.7	8:55	5.1	2:16	0.1	2:12	-0.3	5:53	8:23	
15	Sun	9:14	3.9	9:43	5.1	3:03	-0.2	3:02	-0.5	5:53	8:23	
16	Mon	10:04	4.1	10:31	5.1	3:50	-0.4	3:53	-0.6	5:54	8:22	
17	Tue	10:55	4.2	11:20	4.9	4:36	-0.5	4:46	-0.5	5:55	8:22	
18	Wed	11:46	4.3			5:24	-0.5	5:41	-0.4	5:55	8:21	
19	Thu	12:09	4.6	12:39	4.3	6:14	-0.5	6:39	-0.1	5:56	8:21	
20	Fri	12:59	4.2	1:35	4.3	7:05	-0.4	7:40	0.1	5:57	8:20	
21	Sat	1:53	3.8	2:34	4.3	7:58	-0.2	8:44	0.3	5:58	8:19	
22	Sun	2:51	3.5	3:38	4.2	8:54	-0.1	9:50	0.5	5:59	8:18	
23	Mon	3:53	3.2	4:43	4.2	9:51	0.0	10:57	0.5	5:59	8:18	
24	Tue	4:58	3.1	5:46	4.3	10:50	0.0			6:00	8:17	
25	Wed	5:59	3.1	6:42	4.3	12:03	0.5	11:49 AM	0.0	6:01	8:16	
26	Thu	6:54	3.1	7:32	4.4	1:01	0.4	12:44	0.0	6:02	8:15	
27	Fri	7:43	3.2	8:17	4.4	1:50	0.3	1:35	-0.1	6:03	8:14	
28	Sat	8:29	3.4	8:59	4.4	2:32	0.2	2:20	-0.1	6:03	8:14	
29	Sun	9:12	3.5	9:39	4.4	3:10	0.2	3:03	-0.1	6:04	8:13	
30	Mon	9:54	3.6	10:18	4.3	3:45	0.2	3:44	0.0	6:05	8:12	
31	Tue	10:36	3.7	10:57	4.2	4:21	0.2	4:24	0.1	6:06	8:11	