

































Metompkin Inlet, VA - Jul 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:45	3.1	7:17	4.2	12:42	0.8	12:30	0.4	5:45	8:28	
2	Tue	7:31	3.2	8:01	4.4	1:28	0.6	1:17	0.3	5:45	8:27	
3	Wed	8:16	3.4	8:45	4.6	2:11	0.5	2:01	0.1	5:46	8:27	
4	Thu	9:01	3.5	9:28	4.7	2:52	0.3	2:45	0.0	5:46	8:27	
5	Fri	9:46	3.6	10:11	4.8	3:34	0.1	3:29	-0.1	5:47	8:27	
6	Sat	10:31	3.7	10:54	4.7	4:15	0.0	4:15	-0.1	5:47	8:27	
7	Sun	11:16	3.8	11:38	4.6	4:58	0.0	5:03	0.0	5:48	8:26	
8	Mon			12:04	3.9	5:43	-0.1	5:54	0.1	5:48	8:26	
9	Tue	12:23	4.4	12:53	4.0	6:30	-0.1	6:50	0.2	5:49	8:26	
10	Wed	1:12	4.2	1:47	4.1	7:20	-0.1	7:49	0.3	5:50	8:25	
11	Thu	2:04	3.9	2:45	4.2	8:12	-0.1	8:51	0.4	5:50	8:25	
12	Fri	3:02	3.6	3:48	4.3	9:07	-0.1	9:56	0.4	5:51	8:25	
13	Sat	4:05	3.4	4:51	4.4	10:04	-0.1	11:02	0.3	5:52	8:24	
14	Sun	5:08	3.3	5:53	4.6	11:03	-0.2			5:52	8:24	
15	Mon	6:09	3.4	6:50	4.7	12:06	0.2	12:02	-0.3	5:53	8:23	
16	Tue	7:07	3.4	7:44	4.8	1:06	0.0	1:00	-0.5	5:54	8:23	
17	Wed	8:01	3.5	8:35	4.8	2:00	-0.2	1:54	-0.6	5:55	8:22	
18	Thu	8:53	3.6	9:24	4.8	2:49	-0.3	2:44	-0.6	5:55	8:21	
19	Fri	9:42	3.7	10:10	4.7	3:34	-0.3	3:33	-0.5	5:56	8:21	
20	Sat	10:29	3.7	10:53	4.5	4:17	-0.3	4:19	-0.3	5:57	8:20	
21	Sun	11:15	3.7	11:36	4.2	4:59	-0.2	5:06	-0.1	5:58	8:19	
22	Mon	11:59	3.7			5:41	0.0	5:53	0.2	5:58	8:19	
23	Tue	12:18	3.9	12:44	3.7	6:22	0.2	6:42	0.5	5:59	8:18	
24	Wed	1:00	3.6	1:31	3.6	7:04	0.4	7:32	0.8	6:00	8:17	
25	Thu	1:45	3.4	2:20	3.6	7:48	0.6	8:24	1.0	6:01	8:16	
26	Fri	2:33	3.2	3:14	3.6	8:34	0.7	9:18	1.2	6:02	8:16	
27	Sat	3:26	3.0	4:10	3.7	9:22	0.8	10:14	1.2	6:02	8:15	
28	Sun	4:23	3.0	5:06	3.8	10:12	0.8	11:10	1.2	6:03	8:14	
29	Mon	5:18	3.0	5:58	4.0	11:04	0.7			6:04	8:13	
30	Tue	6:10	3.2	6:46	4.3	12:04	1.0	11:56 AM	0.5	6:05	8:12	
31	Wed	7:00	3.4	7:32	4.5	12:54	0.8	12:47	0.3	6:06	8:11	