

## Metompkin Inlet, VA - Jul 2070

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Tue | 2:24  | 3.8 | 3:04  | 3.9 | 8:32  | 0.2  | 9:06  | 0.6  | 5:44                                                                                | 8:28 |    |
| 2    | Wed | 3:21  | 3.6 | 4:04  | 4.2 | 9:25  | 0.1  | 10:09 | 0.5  | 5:45                                                                                | 8:27 |    |
| 3    | Thu | 4:22  | 3.6 | 5:05  | 4.5 | 10:20 | 0.0  | 11:12 | 0.3  | 5:45                                                                                | 8:27 |    |
| 4    | Fri | 5:23  | 3.6 | 6:04  | 4.7 | 11:18 | -0.3 |       |      | 5:46                                                                                | 8:27 |    |
| 5    | Sat | 6:23  | 3.6 | 7:01  | 5.0 | 12:15 | 0.1  | 12:16 | -0.5 | 5:46                                                                                | 8:27 |    |
| 6    | Sun | 7:20  | 3.7 | 7:56  | 5.2 | 1:15  | -0.2 | 1:13  | -0.7 | 5:47                                                                                | 8:27 |    |
| 7    | Mon | 8:16  | 3.8 | 8:50  | 5.2 | 2:10  | -0.5 | 2:09  | -0.9 | 5:48                                                                                | 8:26 |    |
| 8    | Tue | 9:11  | 3.9 | 9:43  | 5.2 | 3:03  | -0.7 | 3:03  | -1.0 | 5:48                                                                                | 8:26 |    |
| 9    | Wed | 10:05 | 4.0 | 10:34 | 5.0 | 3:53  | -0.7 | 3:56  | -0.9 | 5:49                                                                                | 8:26 |    |
| 10   | Thu | 10:58 | 4.0 | 11:24 | 4.8 | 4:43  | -0.7 | 4:48  | -0.7 | 5:49                                                                                | 8:25 |    |
| 11   | Fri | 11:49 | 3.9 |       |     | 5:32  | -0.5 | 5:42  | -0.4 | 5:50                                                                                | 8:25 |    |
| 12   | Sat | 12:12 | 4.4 | 12:40 | 3.8 | 6:21  | -0.3 | 6:37  | 0.0  | 5:51                                                                                | 8:25 |   |
| 13   | Sun | 1:00  | 4.0 | 1:32  | 3.7 | 7:10  | -0.1 | 7:34  | 0.3  | 5:51                                                                                | 8:24 |  |
| 14   | Mon | 1:49  | 3.6 | 2:26  | 3.7 | 7:59  | 0.1  | 8:31  | 0.6  | 5:52                                                                                | 8:24 |  |
| 15   | Tue | 2:40  | 3.3 | 3:22  | 3.6 | 8:47  | 0.3  | 9:30  | 0.8  | 5:53                                                                                | 8:23 |  |
| 16   | Wed | 3:35  | 3.1 | 4:20  | 3.6 | 9:36  | 0.5  | 10:29 | 0.9  | 5:54                                                                                | 8:23 |  |
| 17   | Thu | 4:31  | 2.9 | 5:15  | 3.7 | 10:25 | 0.6  | 11:26 | 1.0  | 5:54                                                                                | 8:22 |  |
| 18   | Fri | 5:25  | 2.9 | 6:05  | 3.9 | 11:15 | 0.6  |       |      | 5:55                                                                                | 8:22 |  |
| 19   | Sat | 6:16  | 3.0 | 6:51  | 4.0 | 12:19 | 0.9  | 12:03 | 0.5  | 5:56                                                                                | 8:21 |  |
| 20   | Sun | 7:02  | 3.1 | 7:35  | 4.2 | 1:05  | 0.8  | 12:50 | 0.4  | 5:57                                                                                | 8:20 |  |
| 21   | Mon | 7:47  | 3.3 | 8:17  | 4.4 | 1:47  | 0.6  | 1:35  | 0.3  | 5:57                                                                                | 8:20 |  |
| 22   | Tue | 8:31  | 3.4 | 8:58  | 4.5 | 2:25  | 0.5  | 2:17  | 0.2  | 5:58                                                                                | 8:19 |  |
| 23   | Wed | 9:14  | 3.6 | 9:39  | 4.5 | 3:03  | 0.4  | 2:59  | 0.1  | 5:59                                                                                | 8:18 |  |
| 24   | Thu | 9:56  | 3.7 | 10:19 | 4.6 | 3:41  | 0.3  | 3:40  | 0.1  | 6:00                                                                                | 8:17 |  |
| 25   | Fri | 10:38 | 3.8 | 10:59 | 4.5 | 4:19  | 0.2  | 4:23  | 0.2  | 6:01                                                                                | 8:17 |  |
| 26   | Sat | 11:20 | 3.9 | 11:39 | 4.4 | 4:59  | 0.2  | 5:08  | 0.2  | 6:01                                                                                | 8:16 |  |
| 27   | Sun |       |     | 12:04 | 4.0 | 5:41  | 0.2  | 5:56  | 0.4  | 6:02                                                                                | 8:15 |  |
| 28   | Mon | 12:22 | 4.2 | 12:51 | 4.1 | 6:25  | 0.2  | 6:49  | 0.5  | 6:03                                                                                | 8:14 |  |
| 29   | Tue | 1:07  | 4.0 | 1:42  | 4.1 | 7:12  | 0.2  | 7:46  | 0.6  | 6:04                                                                                | 8:13 |  |
| 30   | Wed | 1:58  | 3.8 | 2:39  | 4.2 | 8:04  | 0.2  | 8:47  | 0.6  | 6:05                                                                                | 8:12 |  |
| 31   | Thu | 2:56  | 3.6 | 3:41  | 4.3 | 8:59  | 0.1  | 9:51  | 0.6  | 6:05                                                                                | 8:11 |  |