

Metompkin Inlet, VA - Jul 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:23	4.2	1:55	3.6	7:36	0.2	7:51	0.5	5:44	8:28	
2	Sat	2:15	4.0	2:53	3.8	8:26	0.2	8:54	0.5	5:45	8:27	
3	Sun	3:12	3.7	3:54	4.1	9:17	0.1	9:59	0.4	5:45	8:27	
4	Mon	4:12	3.5	4:56	4.3	10:10	0.0	11:05	0.3	5:46	8:27	
5	Tue	5:13	3.4	5:55	4.6	11:06	-0.1			5:47	8:27	
6	Wed	6:13	3.3	6:51	4.8	12:10	0.2	12:02	-0.3	5:47	8:27	
7	Thu	7:09	3.3	7:46	5.0	1:11	0.0	12:58	-0.4	5:48	8:26	
8	Fri	8:04	3.3	8:40	5.0	2:07	-0.2	1:53	-0.5	5:48	8:26	
9	Sat	8:58	3.3	9:31	5.0	2:59	-0.2	2:45	-0.6	5:49	8:26	
10	Sun	9:49	3.4	10:21	4.8	3:48	-0.2	3:35	-0.5	5:50	8:25	
11	Mon	10:39	3.4	11:08	4.6	4:35	-0.2	4:25	-0.3	5:50	8:25	
12	Tue	11:27	3.4	11:54	4.4	5:21	0.0	5:14	-0.1	5:51	8:25	
13	Wed			12:15	3.4	6:06	0.1	6:04	0.2	5:52	8:24	
14	Thu	12:38	4.1	1:02	3.4	6:50	0.3	6:56	0.5	5:52	8:24	
15	Fri	1:22	3.7	1:51	3.4	7:33	0.5	7:50	0.8	5:53	8:23	
16	Sat	2:08	3.4	2:42	3.4	8:15	0.6	8:45	1.0	5:54	8:23	
17	Sun	2:57	3.1	3:36	3.5	8:58	0.7	9:41	1.1	5:54	8:22	
18	Mon	3:49	3.0	4:30	3.6	9:42	0.8	10:38	1.1	5:55	8:21	
19	Tue	4:44	2.9	5:23	3.8	10:29	0.8	11:34	1.1	5:56	8:21	
20	Wed	5:37	2.9	6:13	4.0	11:18	0.8			5:57	8:20	
21	Thu	6:27	2.9	7:00	4.2	12:27	1.0	12:08	0.6	5:57	8:20	
22	Fri	7:15	3.1	7:46	4.4	1:16	0.8	12:57	0.5	5:58	8:19	
23	Sat	8:01	3.2	8:32	4.6	2:00	0.6	1:44	0.3	5:59	8:18	
24	Sun	8:46	3.3	9:16	4.8	2:43	0.5	2:30	0.1	6:00	8:17	
25	Mon	9:32	3.5	10:00	4.8	3:25	0.3	3:15	0.0	6:01	8:17	
26	Tue	10:18	3.6	10:44	4.8	4:07	0.2	4:01	-0.1	6:01	8:16	
27	Wed	11:04	3.8	11:28	4.7	4:49	0.1	4:49	-0.1	6:02	8:15	
28	Thu	11:51	3.9			5:33	0.0	5:41	0.0	6:03	8:14	
29	Fri	12:13	4.5	12:41	4.0	6:19	0.0	6:37	0.2	6:04	8:13	
30	Sat	1:00	4.2	1:33	4.1	7:06	0.0	7:37	0.4	6:05	8:12	
31	Sun	1:51	3.8	2:30	4.2	7:56	0.1	8:40	0.5	6:06	8:11	