

## Metompkin Inlet, VA - Jul 2079

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 11:03 | 3.6 | 11:34 | 4.9 | 4:56  | -0.4 | 4:49     | -0.6 | 5:44                                                                                | 8:28 |    |
| 2    | Sun | 11:57 | 3.6 |       |     | 5:48  | -0.3 | 5:45     | -0.3 | 5:45                                                                                | 8:28 |    |
| 3    | Mon | 12:25 | 4.6 | 12:51 | 3.5 | 6:39  | -0.1 | 6:43     | 0.0  | 5:45                                                                                | 8:27 |    |
| 4    | Tue | 1:15  | 4.2 | 1:46  | 3.5 | 7:30  | 0.0  | 7:44     | 0.3  | 5:46                                                                                | 8:27 |    |
| 5    | Wed | 2:06  | 3.7 | 2:43  | 3.5 | 8:19  | 0.2  | 8:45     | 0.6  | 5:46                                                                                | 8:27 |    |
| 6    | Thu | 2:59  | 3.4 | 3:41  | 3.6 | 9:06  | 0.4  | 9:46     | 0.8  | 5:47                                                                                | 8:27 |    |
| 7    | Fri | 3:54  | 3.1 | 4:38  | 3.6 | 9:52  | 0.5  | 10:48    | 0.9  | 5:48                                                                                | 8:27 |    |
| 8    | Sat | 4:49  | 2.9 | 5:30  | 3.8 | 10:38 | 0.6  | 11:48    | 0.9  | 5:48                                                                                | 8:26 |    |
| 9    | Sun | 5:42  | 2.8 | 6:18  | 3.9 | 11:25 | 0.6  |          |      | 5:49                                                                                | 8:26 |    |
| 10   | Mon | 6:30  | 2.8 | 7:03  | 4.0 | 12:41 | 0.8  | 12:12    | 0.6  | 5:49                                                                                | 8:26 |    |
| 11   | Tue | 7:16  | 2.9 | 7:47  | 4.2 | 1:27  | 0.8  | 12:58    | 0.5  | 5:50                                                                                | 8:25 |    |
| 12   | Wed | 8:00  | 3.0 | 8:29  | 4.3 | 2:08  | 0.7  | 1:42     | 0.4  | 5:51                                                                                | 8:25 |    |
| 13   | Thu | 8:43  | 3.1 | 9:12  | 4.4 | 2:46  | 0.6  | 2:24     | 0.3  | 5:51                                                                                | 8:24 |   |
| 14   | Fri | 9:25  | 3.2 | 9:53  | 4.5 | 3:23  | 0.5  | 3:05     | 0.3  | 5:52                                                                                | 8:24 |  |
| 15   | Sat | 10:07 | 3.3 | 10:33 | 4.5 | 4:00  | 0.5  | 3:46     | 0.3  | 5:53                                                                                | 8:23 |  |
| 16   | Sun | 10:49 | 3.3 | 11:12 | 4.4 | 4:38  | 0.5  | 4:28     | 0.3  | 5:53                                                                                | 8:23 |  |
| 17   | Mon | 11:31 | 3.4 | 11:51 | 4.3 | 5:17  | 0.4  | 5:12     | 0.4  | 5:54                                                                                | 8:22 |  |
| 18   | Tue |       |     | 12:13 | 3.5 | 5:57  | 0.4  | 5:59     | 0.5  | 5:55                                                                                | 8:22 |  |
| 19   | Wed | 12:32 | 4.1 | 12:59 | 3.7 | 6:38  | 0.4  | 6:52     | 0.6  | 5:56                                                                                | 8:21 |  |
| 20   | Thu | 1:15  | 3.9 | 1:48  | 3.8 | 7:22  | 0.4  | 7:49     | 0.7  | 5:56                                                                                | 8:20 |  |
| 21   | Fri | 2:04  | 3.7 | 2:43  | 4.0 | 8:09  | 0.3  | 8:50     | 0.7  | 5:57                                                                                | 8:20 |  |
| 22   | Sat | 2:59  | 3.4 | 3:43  | 4.2 | 9:00  | 0.3  | 9:54     | 0.7  | 5:58                                                                                | 8:19 |  |
| 23   | Sun | 4:00  | 3.3 | 4:45  | 4.5 | 9:55  | 0.2  | 11:00    | 0.6  | 5:59                                                                                | 8:18 |  |
| 24   | Mon | 5:04  | 3.2 | 5:47  | 4.7 | 10:54 | 0.0  |          |      | 6:00                                                                                | 8:17 |  |
| 25   | Tue | 6:06  | 3.2 | 6:47  | 4.9 | 12:05 | 0.4  | 11:54 AM | -0.2 | 6:00                                                                                | 8:17 |  |
| 26   | Wed | 7:05  | 3.3 | 7:45  | 5.1 | 1:07  | 0.1  | 12:55    | -0.4 | 6:01                                                                                | 8:16 |  |
| 27   | Thu | 8:02  | 3.5 | 8:40  | 5.2 | 2:04  | -0.1 | 1:52     | -0.6 | 6:02                                                                                | 8:15 |  |
| 28   | Fri | 8:58  | 3.6 | 9:33  | 5.1 | 2:56  | -0.2 | 2:47     | -0.7 | 6:03                                                                                | 8:14 |  |
| 29   | Sat | 9:51  | 3.7 | 10:23 | 5.0 | 3:45  | -0.3 | 3:40     | -0.7 | 6:04                                                                                | 8:13 |  |
| 30   | Sun | 10:43 | 3.8 | 11:11 | 4.7 | 4:32  | -0.3 | 4:32     | -0.5 | 6:05                                                                                | 8:12 |  |
| 31   | Mon | 11:33 | 3.9 | 11:57 | 4.4 | 5:18  | -0.2 | 5:25     | -0.3 | 6:05                                                                                | 8:11 |  |