

## Metompkin Inlet, VA - Jul 2089

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Fri | 2:45  | 3.5 | 3:25  | 3.7 | 8:49  | 0.6  | 9:23     | 1.0  | 5:45                                                                                | 8:28 |    |
| 2    | Sat | 3:39  | 3.4 | 4:21  | 3.9 | 9:38  | 0.5  | 10:21    | 0.8  | 5:45                                                                                | 8:27 |    |
| 3    | Sun | 4:36  | 3.4 | 5:17  | 4.2 | 10:30 | 0.3  | 11:21    | 0.6  | 5:46                                                                                | 8:27 |    |
| 4    | Mon | 5:33  | 3.5 | 6:11  | 4.6 | 11:25 | 0.1  |          |      | 5:46                                                                                | 8:27 |    |
| 5    | Tue | 6:29  | 3.6 | 7:05  | 4.9 | 12:20 | 0.3  | 12:20    | -0.2 | 5:47                                                                                | 8:27 |    |
| 6    | Wed | 7:24  | 3.7 | 7:58  | 5.2 | 1:16  | 0.0  | 1:15     | -0.5 | 5:47                                                                                | 8:27 |    |
| 7    | Thu | 8:18  | 3.9 | 8:50  | 5.3 | 2:10  | -0.3 | 2:09     | -0.7 | 5:48                                                                                | 8:26 |    |
| 8    | Fri | 9:12  | 4.0 | 9:43  | 5.4 | 3:01  | -0.6 | 3:03     | -0.9 | 5:49                                                                                | 8:26 |    |
| 9    | Sat | 10:06 | 4.1 | 10:35 | 5.3 | 3:52  | -0.7 | 3:56     | -0.9 | 5:49                                                                                | 8:26 |    |
| 10   | Sun | 11:00 | 4.2 | 11:26 | 5.0 | 4:43  | -0.8 | 4:51     | -0.8 | 5:50                                                                                | 8:25 |    |
| 11   | Mon | 11:54 | 4.2 |       |     | 5:34  | -0.7 | 5:47     | -0.6 | 5:50                                                                                | 8:25 |    |
| 12   | Tue | 12:18 | 4.7 | 12:49 | 4.1 | 6:26  | -0.6 | 6:46     | -0.3 | 5:51                                                                                | 8:25 |   |
| 13   | Wed | 1:10  | 4.3 | 1:45  | 4.0 | 7:19  | -0.4 | 7:48     | 0.0  | 5:52                                                                                | 8:24 |  |
| 14   | Thu | 2:04  | 3.9 | 2:45  | 4.0 | 8:13  | -0.2 | 8:51     | 0.3  | 5:53                                                                                | 8:24 |  |
| 15   | Fri | 3:02  | 3.5 | 3:48  | 3.9 | 9:07  | 0.0  | 9:55     | 0.5  | 5:53                                                                                | 8:23 |  |
| 16   | Sat | 4:02  | 3.2 | 4:50  | 3.9 | 10:01 | 0.1  | 11:01    | 0.6  | 5:54                                                                                | 8:22 |  |
| 17   | Sun | 5:03  | 3.0 | 5:47  | 4.0 | 10:55 | 0.2  |          |      | 5:55                                                                                | 8:22 |  |
| 18   | Mon | 5:58  | 3.0 | 6:38  | 4.1 | 12:03 | 0.6  | 11:48 AM | 0.2  | 5:55                                                                                | 8:21 |  |
| 19   | Tue | 6:48  | 3.0 | 7:23  | 4.1 | 12:57 | 0.6  | 12:38    | 0.2  | 5:56                                                                                | 8:21 |  |
| 20   | Wed | 7:33  | 3.1 | 8:04  | 4.2 | 1:41  | 0.5  | 1:23     | 0.2  | 5:57                                                                                | 8:20 |  |
| 21   | Thu | 8:16  | 3.2 | 8:45  | 4.3 | 2:20  | 0.4  | 2:06     | 0.1  | 5:58                                                                                | 8:19 |  |
| 22   | Fri | 8:58  | 3.4 | 9:25  | 4.3 | 2:56  | 0.3  | 2:46     | 0.1  | 5:59                                                                                | 8:19 |  |
| 23   | Sat | 9:40  | 3.5 | 10:04 | 4.3 | 3:31  | 0.3  | 3:26     | 0.1  | 5:59                                                                                | 8:18 |  |
| 24   | Sun | 10:21 | 3.6 | 10:43 | 4.3 | 4:07  | 0.3  | 4:05     | 0.2  | 6:00                                                                                | 8:17 |  |
| 25   | Mon | 11:02 | 3.6 | 11:21 | 4.2 | 4:43  | 0.4  | 4:46     | 0.4  | 6:01                                                                                | 8:16 |  |
| 26   | Tue | 11:42 | 3.7 | 11:59 | 4.0 | 5:20  | 0.4  | 5:28     | 0.5  | 6:02                                                                                | 8:15 |  |
| 27   | Wed |       |     | 12:23 | 3.7 | 5:58  | 0.5  | 6:13     | 0.7  | 6:03                                                                                | 8:15 |  |
| 28   | Thu | 12:39 | 3.9 | 1:07  | 3.8 | 6:39  | 0.6  | 7:02     | 0.9  | 6:03                                                                                | 8:14 |  |
| 29   | Fri | 1:21  | 3.7 | 1:54  | 3.8 | 7:23  | 0.6  | 7:55     | 0.9  | 6:04                                                                                | 8:13 |  |
| 30   | Sat | 2:08  | 3.5 | 2:47  | 3.9 | 8:11  | 0.6  | 8:52     | 1.0  | 6:05                                                                                | 8:12 |  |
| 31   | Sun | 3:03  | 3.4 | 3:46  | 4.1 | 9:03  | 0.5  | 9:52     | 0.9  | 6:06                                                                                | 8:11 |  |