

Metompkin Inlet, VA - Jul 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:10	3.7	2:45	3.5	8:19	0.6	8:40	0.9	5:45	8:28	
2	Thu	3:01	3.6	3:41	3.7	9:07	0.5	9:39	0.8	5:45	8:27	
3	Fri	3:57	3.5	4:38	4.0	9:57	0.4	10:39	0.6	5:46	8:27	
4	Sat	4:55	3.5	5:34	4.4	10:50	0.2	11:41	0.4	5:46	8:27	
5	Sun	5:53	3.6	6:29	4.8	11:44	-0.1			5:47	8:27	
6	Mon	6:49	3.6	7:24	5.1	12:41	0.1	12:40	-0.4	5:47	8:27	
7	Tue	7:44	3.7	8:18	5.3	1:38	-0.2	1:35	-0.6	5:48	8:26	
8	Wed	8:39	3.8	9:12	5.4	2:32	-0.5	2:29	-0.8	5:49	8:26	
9	Thu	9:34	3.9	10:05	5.4	3:25	-0.6	3:22	-0.9	5:49	8:26	
10	Fri	10:28	3.9	10:58	5.2	4:17	-0.7	4:16	-0.9	5:50	8:25	
11	Sat	11:22	3.9	11:50	4.9	5:09	-0.6	5:12	-0.7	5:50	8:25	
12	Sun			12:17	3.9	6:02	-0.5	6:09	-0.4	5:51	8:25	
13	Mon	12:42	4.6	1:12	3.8	6:54	-0.3	7:09	-0.1	5:52	8:24	
14	Tue	1:35	4.1	2:10	3.8	7:47	-0.1	8:11	0.2	5:53	8:24	
15	Wed	2:29	3.7	3:10	3.7	8:39	0.0	9:14	0.5	5:53	8:23	
16	Thu	3:26	3.4	4:11	3.7	9:31	0.2	10:18	0.6	5:54	8:22	
17	Fri	4:25	3.1	5:10	3.8	10:22	0.3	11:21	0.7	5:55	8:22	
18	Sat	5:22	3.0	6:02	3.9	11:12	0.4			5:55	8:21	
19	Sun	6:13	3.0	6:48	4.0	12:19	0.7	12:01	0.4	5:56	8:21	
20	Mon	7:00	3.0	7:31	4.1	1:09	0.6	12:47	0.4	5:57	8:20	
21	Tue	7:44	3.1	8:13	4.3	1:51	0.6	1:31	0.3	5:58	8:19	
22	Wed	8:26	3.2	8:54	4.4	2:29	0.5	2:12	0.2	5:59	8:19	
23	Thu	9:08	3.3	9:34	4.4	3:05	0.4	2:53	0.2	5:59	8:18	
24	Fri	9:50	3.4	10:14	4.4	3:41	0.4	3:32	0.2	6:00	8:17	
25	Sat	10:31	3.5	10:53	4.4	4:18	0.4	4:12	0.3	6:01	8:16	
26	Sun	11:12	3.5	11:32	4.3	4:55	0.4	4:54	0.4	6:02	8:15	
27	Mon	11:53	3.6			5:34	0.5	5:37	0.5	6:03	8:15	
28	Tue	12:11	4.2	12:35	3.7	6:14	0.5	6:24	0.7	6:03	8:14	
29	Wed	12:52	4.0	1:20	3.7	6:56	0.5	7:16	0.8	6:04	8:13	
30	Thu	1:36	3.8	2:10	3.9	7:41	0.5	8:13	0.8	6:05	8:12	
31	Fri	2:27	3.6	3:06	4.0	8:31	0.5	9:13	0.8	6:06	8:11	