

Metompkin Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:39	3.8			5:27	-0.4	5:27	-0.4	5:45	8:28	
2	Fri	12:07	4.9	12:34	3.8	6:20	-0.3	6:25	-0.2	5:45	8:27	
3	Sat	1:00	4.6	1:31	3.8	7:14	-0.3	7:27	0.0	5:46	8:27	
4	Sun	1:55	4.2	2:32	3.8	8:08	-0.2	8:31	0.2	5:46	8:27	
5	Mon	2:52	3.9	3:35	3.9	9:02	-0.1	9:37	0.3	5:47	8:27	
6	Tue	3:53	3.5	4:39	4.0	9:56	0.0	10:43	0.4	5:47	8:27	
7	Wed	4:54	3.3	5:38	4.1	10:49	0.0	11:49	0.4	5:48	8:26	
8	Thu	5:52	3.1	6:31	4.2	11:42	0.0			5:48	8:26	
9	Fri	6:45	3.1	7:19	4.3	12:49	0.3	12:33	0.0	5:49	8:26	
10	Sat	7:33	3.1	8:04	4.4	1:40	0.2	1:20	0.0	5:50	8:25	
11	Sun	8:18	3.1	8:47	4.4	2:25	0.2	2:05	0.0	5:50	8:25	
12	Mon	9:02	3.2	9:29	4.4	3:06	0.2	2:48	0.0	5:51	8:25	
13	Tue	9:45	3.2	10:11	4.4	3:44	0.2	3:29	0.0	5:52	8:24	
14	Wed	10:27	3.3	10:52	4.3	4:21	0.3	4:09	0.2	5:52	8:24	
15	Thu	11:09	3.3	11:32	4.2	4:59	0.4	4:51	0.3	5:53	8:23	
16	Fri	11:51	3.3			5:38	0.5	5:34	0.5	5:54	8:23	
17	Sat	12:12	4.0	12:33	3.3	6:17	0.6	6:19	0.7	5:55	8:22	
18	Sun	12:52	3.8	1:17	3.4	6:57	0.7	7:08	0.9	5:55	8:21	
19	Mon	1:34	3.6	2:04	3.5	7:39	0.7	7:59	1.0	5:56	8:21	
20	Tue	2:20	3.5	2:55	3.6	8:23	0.8	8:54	1.1	5:57	8:20	
21	Wed	3:10	3.3	3:50	3.8	9:09	0.7	9:51	1.0	5:58	8:19	
22	Thu	4:06	3.2	4:46	4.0	9:59	0.6	10:51	0.9	5:58	8:19	
23	Fri	5:03	3.3	5:41	4.3	10:52	0.4	11:50	0.7	5:59	8:18	
24	Sat	5:59	3.3	6:35	4.7	11:47	0.2			6:00	8:17	
25	Sun	6:54	3.5	7:29	5.0	12:48	0.4	12:42	-0.1	6:01	8:16	
26	Mon	7:47	3.6	8:21	5.2	1:43	0.1	1:37	-0.4	6:02	8:16	
27	Tue	8:41	3.8	9:14	5.3	2:34	-0.2	2:30	-0.6	6:02	8:15	
28	Wed	9:34	4.0	10:06	5.3	3:25	-0.4	3:24	-0.8	6:03	8:14	
29	Thu	10:28	4.1	10:57	5.2	4:14	-0.5	4:17	-0.8	6:04	8:13	
30	Fri	11:21	4.2	11:48	4.9	5:04	-0.5	5:13	-0.6	6:05	8:12	
31	Sat			12:14	4.2	5:54	-0.5	6:10	-0.4	6:06	8:11	