

Metompkin Inlet, VA - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:03	2.9	6:35	4.0	12:02	0.9	11:47 AM	0.6	5:45	8:28	
2	Mon	6:49	3.0	7:19	4.1	12:52	0.8	12:32	0.5	5:45	8:27	
3	Tue	7:34	3.0	8:02	4.3	1:36	0.7	1:16	0.4	5:46	8:27	
4	Wed	8:18	3.1	8:45	4.5	2:18	0.6	1:59	0.3	5:46	8:27	
5	Thu	9:01	3.2	9:28	4.6	2:58	0.5	2:41	0.2	5:47	8:27	
6	Fri	9:45	3.3	10:11	4.6	3:38	0.4	3:24	0.2	5:48	8:27	
7	Sat	10:28	3.3	10:53	4.6	4:19	0.3	4:07	0.2	5:48	8:26	
8	Sun	11:12	3.4	11:35	4.6	5:01	0.3	4:52	0.2	5:49	8:26	
9	Mon	11:57	3.5			5:44	0.3	5:41	0.3	5:49	8:26	
10	Tue	12:19	4.4	12:45	3.6	6:29	0.3	6:34	0.4	5:50	8:25	
11	Wed	1:05	4.2	1:36	3.7	7:16	0.2	7:32	0.5	5:51	8:25	
12	Thu	1:55	4.0	2:32	3.9	8:05	0.2	8:34	0.5	5:51	8:24	
13	Fri	2:50	3.7	3:32	4.1	8:55	0.1	9:38	0.5	5:52	8:24	
14	Sat	3:49	3.5	4:34	4.3	9:49	0.0	10:44	0.4	5:53	8:23	
15	Sun	4:52	3.3	5:35	4.6	10:45	-0.1	11:49	0.3	5:53	8:23	
16	Mon	5:53	3.3	6:33	4.8	11:43	-0.2			5:54	8:22	
17	Tue	6:52	3.3	7:30	5.0	12:52	0.1	12:41	-0.4	5:55	8:22	
18	Wed	7:48	3.4	8:24	5.0	1:50	-0.1	1:37	-0.5	5:56	8:21	
19	Thu	8:42	3.4	9:16	5.0	2:43	-0.2	2:30	-0.6	5:56	8:20	
20	Fri	9:34	3.5	10:06	4.9	3:32	-0.3	3:22	-0.6	5:57	8:20	
21	Sat	10:24	3.5	10:54	4.7	4:19	-0.2	4:12	-0.4	5:58	8:19	
22	Sun	11:13	3.6	11:39	4.5	5:04	-0.1	5:01	-0.2	5:59	8:18	
23	Mon			12:00	3.6	5:49	0.0	5:51	0.1	6:00	8:18	
24	Tue	12:23	4.1	12:47	3.5	6:32	0.2	6:43	0.4	6:00	8:17	
25	Wed	1:07	3.8	1:35	3.5	7:15	0.4	7:36	0.7	6:01	8:16	
26	Thu	1:52	3.4	2:25	3.5	7:58	0.6	8:31	0.9	6:02	8:15	
27	Fri	2:40	3.2	3:19	3.5	8:41	0.7	9:27	1.1	6:03	8:14	
28	Sat	3:33	3.0	4:14	3.6	9:27	0.8	10:24	1.2	6:04	8:13	
29	Sun	4:29	2.8	5:09	3.8	10:15	0.9	11:21	1.2	6:04	8:13	
30	Mon	5:24	2.8	6:01	3.9	11:06	0.8			6:05	8:12	
31	Tue	6:15	2.9	6:50	4.1	12:16	1.1	11:57 AM	0.7	6:06	8:11	