

## Metompkin Inlet, VA - Jul 2018

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Tue | 11:03 | 3.7 | 11:33 | 5.1 | 4:54  | -0.4 | 4:49     | -0.6 | 5:45                                                                                | 8:28 |    |
| 2    | Wed | 11:58 | 3.7 |       |     | 5:46  | -0.3 | 5:46     | -0.4 | 5:45                                                                                | 8:28 |    |
| 3    | Thu | 12:26 | 4.8 | 12:54 | 3.8 | 6:39  | -0.3 | 6:47     | -0.2 | 5:46                                                                                | 8:27 |    |
| 4    | Fri | 1:18  | 4.4 | 1:52  | 3.8 | 7:31  | -0.2 | 7:50     | 0.1  | 5:46                                                                                | 8:27 |    |
| 5    | Sat | 2:12  | 3.9 | 2:53  | 3.8 | 8:23  | -0.1 | 8:55     | 0.3  | 5:47                                                                                | 8:27 |    |
| 6    | Sun | 3:10  | 3.5 | 3:55  | 3.9 | 9:14  | 0.0  | 10:02    | 0.5  | 5:47                                                                                | 8:27 |    |
| 7    | Mon | 4:10  | 3.2 | 4:56  | 4.0 | 10:05 | 0.1  | 11:09    | 0.6  | 5:48                                                                                | 8:26 |    |
| 8    | Tue | 5:09  | 3.0 | 5:52  | 4.1 | 10:57 | 0.2  |          |      | 5:48                                                                                | 8:26 |    |
| 9    | Wed | 6:05  | 2.9 | 6:43  | 4.2 | 12:13 | 0.6  | 11:49 AM | 0.3  | 5:49                                                                                | 8:26 |    |
| 10   | Thu | 6:55  | 2.8 | 7:29  | 4.2 | 1:09  | 0.5  | 12:39    | 0.3  | 5:50                                                                                | 8:25 |    |
| 11   | Fri | 7:41  | 2.9 | 8:13  | 4.3 | 1:56  | 0.5  | 1:26     | 0.2  | 5:50                                                                                | 8:25 |    |
| 12   | Sat | 8:25  | 2.9 | 8:56  | 4.3 | 2:37  | 0.5  | 2:10     | 0.2  | 5:51                                                                                | 8:25 |    |
| 13   | Sun | 9:08  | 3.0 | 9:37  | 4.4 | 3:15  | 0.4  | 2:51     | 0.2  | 5:52                                                                                | 8:24 |   |
| 14   | Mon | 9:50  | 3.1 | 10:18 | 4.3 | 3:51  | 0.5  | 3:32     | 0.2  | 5:52                                                                                | 8:24 |  |
| 15   | Tue | 10:31 | 3.2 | 10:57 | 4.3 | 4:26  | 0.5  | 4:12     | 0.3  | 5:53                                                                                | 8:23 |  |
| 16   | Wed | 11:12 | 3.3 | 11:35 | 4.2 | 5:03  | 0.5  | 4:53     | 0.4  | 5:54                                                                                | 8:23 |  |
| 17   | Thu | 11:53 | 3.3 |       |     | 5:39  | 0.6  | 5:36     | 0.6  | 5:55                                                                                | 8:22 |  |
| 18   | Fri | 12:13 | 4.0 | 12:35 | 3.4 | 6:16  | 0.6  | 6:21     | 0.8  | 5:55                                                                                | 8:21 |  |
| 19   | Sat | 12:52 | 3.8 | 1:18  | 3.5 | 6:55  | 0.7  | 7:11     | 0.9  | 5:56                                                                                | 8:21 |  |
| 20   | Sun | 1:32  | 3.6 | 2:05  | 3.6 | 7:35  | 0.7  | 8:04     | 1.0  | 5:57                                                                                | 8:20 |  |
| 21   | Mon | 2:18  | 3.4 | 2:56  | 3.8 | 8:19  | 0.7  | 9:01     | 1.0  | 5:58                                                                                | 8:19 |  |
| 22   | Tue | 3:10  | 3.2 | 3:53  | 4.0 | 9:06  | 0.7  | 10:01    | 1.0  | 5:58                                                                                | 8:19 |  |
| 23   | Wed | 4:08  | 3.1 | 4:52  | 4.2 | 9:59  | 0.5  | 11:04    | 0.8  | 5:59                                                                                | 8:18 |  |
| 24   | Thu | 5:09  | 3.1 | 5:51  | 4.5 | 10:56 | 0.3  |          |      | 6:00                                                                                | 8:17 |  |
| 25   | Fri | 6:08  | 3.2 | 6:48  | 4.8 | 12:06 | 0.6  | 11:55 AM | 0.1  | 6:01                                                                                | 8:16 |  |
| 26   | Sat | 7:06  | 3.3 | 7:44  | 5.1 | 1:06  | 0.3  | 12:54    | -0.2 | 6:02                                                                                | 8:16 |  |
| 27   | Sun | 8:02  | 3.5 | 8:39  | 5.3 | 2:01  | 0.0  | 1:51     | -0.5 | 6:02                                                                                | 8:15 |  |
| 28   | Mon | 8:57  | 3.7 | 9:32  | 5.3 | 2:53  | -0.2 | 2:46     | -0.7 | 6:03                                                                                | 8:14 |  |
| 29   | Tue | 9:51  | 3.9 | 10:24 | 5.2 | 3:43  | -0.4 | 3:41     | -0.8 | 6:04                                                                                | 8:13 |  |
| 30   | Wed | 10:45 | 4.1 | 11:14 | 5.0 | 4:31  | -0.5 | 4:35     | -0.7 | 6:05                                                                                | 8:12 |  |
| 31   | Thu | 11:38 | 4.2 |       |     | 5:19  | -0.5 | 5:32     | -0.5 | 6:06                                                                                | 8:11 |  |