

Metompkin Inlet, VA - Jul 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:15	2.9	4:56	3.6	10:05	0.7	11:05	1.1	5:44	8:28	
2	Fri	5:08	2.8	5:46	3.8	10:52	0.7			5:45	8:28	
3	Sat	5:59	2.8	6:33	4.0	12:00	1.0	11:39 AM	0.7	5:45	8:27	
4	Sun	6:47	2.9	7:19	4.2	12:50	0.9	12:28	0.6	5:46	8:27	
5	Mon	7:33	3.0	8:04	4.4	1:36	0.7	1:15	0.4	5:46	8:27	
6	Tue	8:19	3.1	8:49	4.6	2:19	0.6	2:00	0.2	5:47	8:27	
7	Wed	9:04	3.2	9:33	4.7	3:01	0.4	2:45	0.1	5:48	8:27	
8	Thu	9:49	3.3	10:16	4.7	3:42	0.3	3:29	0.0	5:48	8:26	
9	Fri	10:34	3.5	10:59	4.7	4:24	0.2	4:15	0.0	5:49	8:26	
10	Sat	11:20	3.6	11:43	4.6	5:07	0.1	5:03	0.0	5:49	8:26	
11	Sun			12:07	3.7	5:50	0.1	5:55	0.1	5:50	8:25	
12	Mon	12:28	4.4	12:57	3.9	6:36	0.1	6:52	0.3	5:51	8:25	
13	Tue	1:15	4.1	1:50	4.0	7:23	0.1	7:52	0.4	5:51	8:24	
14	Wed	2:06	3.8	2:48	4.1	8:12	0.1	8:56	0.5	5:52	8:24	
15	Thu	3:03	3.4	3:49	4.3	9:05	0.0	10:01	0.5	5:53	8:23	
16	Fri	4:06	3.2	4:53	4.4	10:00	0.0	11:09	0.5	5:54	8:23	
17	Sat	5:09	3.1	5:55	4.6	10:59	0.0			5:54	8:22	
18	Sun	6:11	3.1	6:54	4.7	12:15	0.4	11:59 AM	-0.1	5:55	8:22	
19	Mon	7:10	3.1	7:49	4.8	1:17	0.2	12:58	-0.3	5:56	8:21	
20	Tue	8:04	3.2	8:42	4.8	2:11	0.1	1:53	-0.4	5:56	8:20	
21	Wed	8:56	3.3	9:31	4.8	3:00	0.0	2:45	-0.4	5:57	8:20	
22	Thu	9:46	3.4	10:17	4.7	3:44	-0.1	3:33	-0.4	5:58	8:19	
23	Fri	10:33	3.5	11:00	4.5	4:26	0.0	4:21	-0.2	5:59	8:18	
24	Sat	11:18	3.6	11:41	4.2	5:07	0.1	5:07	0.0	6:00	8:18	
25	Sun			12:02	3.6	5:46	0.2	5:55	0.3	6:00	8:17	
26	Mon	12:22	3.9	12:46	3.6	6:26	0.4	6:44	0.6	6:01	8:16	
27	Tue	1:03	3.6	1:32	3.6	7:05	0.6	7:34	0.9	6:02	8:15	
28	Wed	1:46	3.3	2:20	3.6	7:46	0.7	8:28	1.1	6:03	8:14	
29	Thu	2:33	3.0	3:13	3.6	8:30	0.9	9:23	1.3	6:04	8:13	
30	Fri	3:26	2.8	4:10	3.7	9:17	0.9	10:21	1.3	6:04	8:12	
31	Sat	4:23	2.8	5:07	3.8	10:08	0.9	11:19	1.3	6:05	8:12	