

Metompkin Inlet, VA - Aug 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:54	2.8	6:31	4.0	12:03	1.1	11:35 AM	0.8	6:06	8:11	
2	Sat	6:43	2.9	7:18	4.2	12:54	1.0	12:25	0.7	6:06	8:10	
3	Sun	7:29	3.0	8:02	4.3	1:37	0.9	1:13	0.5	6:07	8:09	
4	Mon	8:13	3.2	8:44	4.5	2:16	0.8	1:57	0.4	6:08	8:08	
5	Tue	8:56	3.4	9:25	4.6	2:53	0.6	2:40	0.2	6:09	8:07	
6	Wed	9:39	3.5	10:05	4.6	3:30	0.5	3:22	0.2	6:10	8:06	
7	Thu	10:21	3.7	10:44	4.6	4:07	0.4	4:04	0.2	6:11	8:05	
8	Fri	11:03	3.8	11:23	4.4	4:45	0.3	4:49	0.2	6:11	8:04	
9	Sat	11:45	4.0			5:23	0.3	5:36	0.3	6:12	8:02	
10	Sun	12:04	4.2	12:30	4.1	6:04	0.3	6:29	0.5	6:13	8:01	
11	Mon	12:48	4.0	1:19	4.2	6:49	0.3	7:25	0.6	6:14	8:00	
12	Tue	1:36	3.7	2:14	4.3	7:37	0.3	8:27	0.7	6:15	7:59	
13	Wed	2:31	3.4	3:15	4.4	8:30	0.4	9:32	0.8	6:16	7:58	
14	Thu	3:34	3.2	4:21	4.5	9:29	0.3	10:40	0.7	6:17	7:56	
15	Fri	4:41	3.1	5:28	4.6	10:31	0.2	11:47	0.6	6:17	7:55	
16	Sat	5:47	3.2	6:30	4.8	11:35	0.1			6:18	7:54	
17	Sun	6:48	3.3	7:28	4.9	12:50	0.4	12:38	-0.2	6:19	7:53	
18	Mon	7:45	3.5	8:22	5.0	1:46	0.2	1:36	-0.4	6:20	7:51	
19	Tue	8:38	3.7	9:12	5.0	2:35	0.0	2:30	-0.5	6:21	7:50	
20	Wed	9:28	3.9	9:58	4.8	3:20	-0.2	3:21	-0.5	6:22	7:49	
21	Thu	10:17	4.1	10:43	4.6	4:03	-0.2	4:10	-0.4	6:23	7:47	
22	Fri	11:03	4.1	11:25	4.3	4:44	-0.1	4:58	-0.1	6:23	7:46	
23	Sat	11:47	4.1			5:24	0.1	5:47	0.2	6:24	7:45	
24	Sun	12:07	3.9	12:32	4.1	6:04	0.3	6:37	0.5	6:25	7:43	
25	Mon	12:49	3.6	1:18	4.0	6:46	0.6	7:30	0.9	6:26	7:42	
26	Tue	1:34	3.2	2:07	3.8	7:30	0.8	8:24	1.1	6:27	7:40	
27	Wed	2:24	3.0	3:03	3.8	8:17	1.0	9:22	1.3	6:28	7:39	
28	Thu	3:20	2.8	4:03	3.7	9:09	1.1	10:23	1.4	6:29	7:38	
29	Fri	4:21	2.8	5:05	3.8	10:05	1.1	11:23	1.4	6:29	7:36	
30	Sat	5:21	2.9	6:01	4.0	11:01	1.1			6:30	7:35	
31	Sun	6:14	3.0	6:49	4.2	12:16	1.3	11:56 AM	0.9	6:31	7:33	