

Metompkin Inlet, VA - Aug 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:36	4.4	11:03	5.0	4:17	-0.8	4:30	-0.9	6:06	8:10	
2	Fri	11:29	4.4	11:53	4.6	5:06	-0.7	5:25	-0.6	6:07	8:09	
3	Sat			12:21	4.4	5:56	-0.6	6:21	-0.3	6:08	8:08	
4	Sun	12:43	4.2	1:15	4.2	6:47	-0.3	7:20	0.1	6:09	8:07	
5	Mon	1:34	3.8	2:11	4.1	7:40	-0.1	8:21	0.4	6:09	8:06	
6	Tue	2:28	3.4	3:11	3.9	8:33	0.2	9:24	0.7	6:10	8:05	
7	Wed	3:27	3.2	4:14	3.9	9:27	0.4	10:28	0.8	6:11	8:04	
8	Thu	4:28	3.0	5:15	3.9	10:22	0.5	11:31	0.9	6:12	8:03	
9	Fri	5:27	3.0	6:08	3.9	11:17	0.5			6:13	8:02	
10	Sat	6:19	3.1	6:55	4.1	12:26	0.8	12:08	0.5	6:14	8:01	
11	Sun	7:05	3.2	7:37	4.2	1:12	0.7	12:56	0.4	6:15	7:59	
12	Mon	7:48	3.4	8:17	4.3	1:50	0.6	1:39	0.3	6:15	7:58	
13	Tue	8:30	3.6	8:56	4.4	2:25	0.5	2:20	0.2	6:16	7:57	
14	Wed	9:11	3.7	9:35	4.4	3:00	0.4	3:00	0.2	6:17	7:56	
15	Thu	9:51	3.8	10:13	4.4	3:34	0.4	3:39	0.2	6:18	7:54	
16	Fri	10:31	4.0	10:51	4.3	4:09	0.4	4:19	0.3	6:19	7:53	
17	Sat	11:11	4.0	11:29	4.2	4:46	0.4	5:00	0.5	6:20	7:52	
18	Sun	11:51	4.1			5:24	0.5	5:44	0.6	6:21	7:51	
19	Mon	12:08	4.0	12:34	4.1	6:04	0.5	6:32	0.8	6:21	7:49	
20	Tue	12:49	3.8	1:20	4.1	6:48	0.6	7:25	0.9	6:22	7:48	
21	Wed	1:36	3.6	2:13	4.2	7:37	0.6	8:23	0.9	6:23	7:47	
22	Thu	2:30	3.5	3:13	4.3	8:31	0.6	9:24	0.9	6:24	7:45	
23	Fri	3:32	3.4	4:16	4.4	9:30	0.5	10:27	0.8	6:25	7:44	
24	Sat	4:38	3.5	5:19	4.6	10:32	0.3	11:29	0.5	6:26	7:42	
25	Sun	5:41	3.7	6:19	4.9	11:34	0.0			6:27	7:41	
26	Mon	6:40	4.0	7:15	5.1	12:29	0.2	12:35	-0.3	6:27	7:40	
27	Tue	7:36	4.2	8:09	5.2	1:24	-0.2	1:33	-0.6	6:28	7:38	
28	Wed	8:30	4.5	9:00	5.2	2:15	-0.4	2:28	-0.8	6:29	7:37	
29	Thu	9:23	4.7	9:50	5.0	3:04	-0.6	3:21	-0.8	6:30	7:35	
30	Fri	10:14	4.8	10:39	4.8	3:51	-0.7	4:13	-0.7	6:31	7:34	
31	Sat	11:05	4.8	11:27	4.5	4:38	-0.6	5:05	-0.5	6:32	7:32	