

Metompkin Inlet, VA - Aug 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:41	3.3	8:12	4.4	1:46	0.3	1:32	0.0	6:06	8:11	
2	Sat	8:25	3.4	8:53	4.4	2:27	0.2	2:16	0.0	6:07	8:10	
3	Sun	9:07	3.5	9:33	4.4	3:04	0.2	2:57	0.0	6:08	8:09	
4	Mon	9:49	3.6	10:12	4.3	3:40	0.2	3:37	0.1	6:08	8:07	
5	Tue	10:30	3.7	10:51	4.2	4:15	0.2	4:17	0.2	6:09	8:06	
6	Wed	11:10	3.7	11:30	4.1	4:51	0.3	4:58	0.4	6:10	8:05	
7	Thu	11:51	3.7			5:28	0.4	5:40	0.6	6:11	8:04	
8	Fri	12:09	3.9	12:33	3.7	6:07	0.6	6:25	0.8	6:12	8:03	
9	Sat	12:49	3.7	1:17	3.7	6:47	0.7	7:14	1.0	6:13	8:02	
10	Sun	1:32	3.5	2:04	3.8	7:31	0.8	8:06	1.1	6:13	8:01	
11	Mon	2:19	3.4	2:57	3.8	8:18	0.8	9:01	1.2	6:14	8:00	
12	Tue	3:13	3.3	3:55	4.0	9:09	0.8	9:59	1.1	6:15	7:58	
13	Wed	4:12	3.3	4:53	4.2	10:04	0.7	10:59	0.9	6:16	7:57	
14	Thu	5:11	3.4	5:50	4.5	11:02	0.4	11:58	0.7	6:17	7:56	
15	Fri	6:09	3.6	6:44	4.8			12:00	0.1	6:18	7:55	
16	Sat	7:03	3.9	7:37	5.1	12:53	0.3	12:56	-0.2	6:19	7:54	
17	Sun	7:57	4.2	8:28	5.2	1:46	-0.1	1:51	-0.5	6:19	7:52	
18	Mon	8:49	4.4	9:19	5.3	2:35	-0.4	2:44	-0.8	6:20	7:51	
19	Tue	9:42	4.6	10:10	5.2	3:24	-0.6	3:37	-0.8	6:21	7:50	
20	Wed	10:34	4.7	11:00	5.0	4:12	-0.7	4:30	-0.8	6:22	7:48	
21	Thu	11:26	4.8	11:50	4.7	5:00	-0.7	5:25	-0.6	6:23	7:47	
22	Fri			12:19	4.7	5:51	-0.5	6:23	-0.2	6:24	7:46	
23	Sat	12:41	4.3	1:14	4.6	6:43	-0.3	7:23	0.1	6:25	7:44	
24	Sun	1:35	3.9	2:12	4.4	7:37	-0.1	8:26	0.4	6:25	7:43	
25	Mon	2:33	3.5	3:15	4.2	8:34	0.2	9:31	0.6	6:26	7:41	
26	Tue	3:36	3.2	4:22	4.1	9:33	0.4	10:38	0.7	6:27	7:40	
27	Wed	4:42	3.1	5:26	4.1	10:33	0.5	11:42	0.8	6:28	7:39	
28	Thu	5:44	3.2	6:22	4.1	11:32	0.5			6:29	7:37	
29	Fri	6:36	3.3	7:08	4.2	12:38	0.7	12:26	0.4	6:30	7:36	
30	Sat	7:21	3.4	7:49	4.2	1:22	0.6	1:13	0.3	6:31	7:34	
31	Sun	8:02	3.6	8:28	4.3	2:00	0.5	1:56	0.3	6:31	7:33	