

Metompkin Inlet, VA - Aug 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:55	4.0	11:18	4.7	4:37	-0.1	4:43	-0.2	6:05	8:11	
2	Thu	11:42	4.2			5:20	-0.1	5:36	-0.1	6:06	8:10	
3	Fri	12:03	4.4	12:32	4.3	6:05	-0.1	6:32	0.1	6:07	8:09	
4	Sat	12:50	4.1	1:25	4.4	6:52	-0.1	7:32	0.3	6:08	8:08	
5	Sun	1:41	3.7	2:22	4.4	7:43	0.0	8:36	0.5	6:09	8:07	
6	Mon	2:38	3.3	3:25	4.4	8:38	0.1	9:43	0.7	6:10	8:06	
7	Tue	3:42	3.1	4:32	4.4	9:36	0.2	10:52	0.7	6:11	8:05	
8	Wed	4:49	3.0	5:39	4.5	10:38	0.2			6:11	8:04	
9	Thu	5:55	3.0	6:40	4.5	12:01	0.6	11:42 AM	0.1	6:12	8:03	
10	Fri	6:54	3.1	7:34	4.6	1:02	0.5	12:42	0.0	6:13	8:01	
11	Sat	7:47	3.3	8:24	4.6	1:54	0.3	1:37	-0.1	6:14	8:00	
12	Sun	8:36	3.4	9:08	4.6	2:39	0.2	2:27	-0.2	6:15	7:59	
13	Mon	9:22	3.6	9:50	4.5	3:18	0.1	3:12	-0.2	6:16	7:58	
14	Tue	10:05	3.7	10:29	4.3	3:55	0.1	3:56	-0.1	6:17	7:57	
15	Wed	10:46	3.8	11:08	4.1	4:31	0.2	4:38	0.1	6:17	7:55	
16	Thu	11:27	3.9	11:46	3.9	5:06	0.3	5:22	0.4	6:18	7:54	
17	Fri			12:08	3.9	5:41	0.5	6:06	0.7	6:19	7:53	
18	Sat	12:25	3.6	12:50	3.9	6:19	0.7	6:53	0.9	6:20	7:51	
19	Sun	1:05	3.3	1:35	3.8	6:58	0.9	7:44	1.2	6:21	7:50	
20	Mon	1:49	3.1	2:26	3.7	7:42	1.0	8:38	1.4	6:22	7:49	
21	Tue	2:40	2.9	3:23	3.7	8:31	1.1	9:35	1.5	6:23	7:48	
22	Wed	3:38	2.8	4:24	3.8	9:25	1.1	10:35	1.5	6:23	7:46	
23	Thu	4:39	2.8	5:23	4.0	10:22	1.0	11:34	1.3	6:24	7:45	
24	Fri	5:38	3.0	6:17	4.3	11:20	0.8			6:25	7:43	
25	Sat	6:31	3.2	7:07	4.6	12:28	1.1	12:16	0.5	6:26	7:42	
26	Sun	7:21	3.5	7:53	4.8	1:16	0.8	1:09	0.2	6:27	7:41	
27	Mon	8:09	3.9	8:38	4.9	2:00	0.4	1:59	-0.1	6:28	7:39	
28	Tue	8:56	4.2	9:23	5.0	2:42	0.1	2:48	-0.3	6:29	7:38	
29	Wed	9:43	4.5	10:08	4.9	3:24	-0.1	3:38	-0.4	6:29	7:36	
30	Thu	10:31	4.8	10:54	4.7	4:06	-0.3	4:28	-0.4	6:30	7:35	
31	Fri	11:19	4.9	11:41	4.3	4:49	-0.3	5:21	-0.2	6:31	7:33	