

Metompkin Inlet, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:40	2.7	6:24	4.0	11:24	0.6			6:06	8:10	
2	Sun	6:31	2.8	7:10	4.1	12:50	1.0	12:17	0.6	6:07	8:09	
3	Mon	7:17	3.0	7:53	4.2	1:33	0.9	1:04	0.4	6:08	8:08	
4	Tue	8:00	3.2	8:32	4.3	2:09	0.8	1:48	0.3	6:08	8:07	
5	Wed	8:42	3.3	9:11	4.4	2:43	0.6	2:29	0.2	6:09	8:06	
6	Thu	9:23	3.5	9:48	4.4	3:16	0.5	3:09	0.2	6:10	8:05	
7	Fri	10:03	3.7	10:25	4.3	3:49	0.5	3:48	0.3	6:11	8:04	
8	Sat	10:43	3.8	11:02	4.2	4:22	0.4	4:29	0.4	6:12	8:03	
9	Sun	11:22	3.9	11:38	4.0	4:57	0.4	5:11	0.5	6:13	8:02	
10	Mon			12:02	4.0	5:33	0.5	5:56	0.6	6:14	8:01	
11	Tue	12:17	3.8	12:44	4.1	6:12	0.5	6:46	0.8	6:14	8:00	
12	Wed	12:58	3.6	1:32	4.1	6:55	0.6	7:41	0.9	6:15	7:58	
13	Thu	1:45	3.4	2:27	4.2	7:45	0.6	8:42	1.0	6:16	7:57	
14	Fri	2:42	3.2	3:30	4.3	8:40	0.5	9:46	1.0	6:17	7:56	
15	Sat	3:47	3.1	4:37	4.5	9:41	0.4	10:52	0.9	6:18	7:55	
16	Sun	4:55	3.2	5:41	4.7	10:46	0.2	11:57	0.6	6:19	7:53	
17	Mon	5:59	3.4	6:42	4.9	11:50	-0.1			6:20	7:52	
18	Tue	6:59	3.7	7:37	5.1	12:56	0.3	12:52	-0.4	6:20	7:51	
19	Wed	7:56	4.0	8:30	5.1	1:49	-0.1	1:50	-0.6	6:21	7:50	
20	Thu	8:49	4.3	9:20	5.1	2:38	-0.3	2:45	-0.8	6:22	7:48	
21	Fri	9:41	4.5	10:09	4.9	3:24	-0.5	3:38	-0.7	6:23	7:47	
22	Sat	10:32	4.6	10:56	4.6	4:08	-0.5	4:30	-0.6	6:24	7:45	
23	Sun	11:21	4.6	11:42	4.2	4:53	-0.4	5:22	-0.3	6:25	7:44	
24	Mon			12:09	4.5	5:37	-0.2	6:16	0.1	6:26	7:43	
25	Tue	12:28	3.8	12:59	4.4	6:24	0.1	7:12	0.5	6:26	7:41	
26	Wed	1:15	3.4	1:51	4.1	7:12	0.4	8:11	0.8	6:27	7:40	
27	Thu	2:06	3.1	2:49	3.9	8:04	0.6	9:12	1.1	6:28	7:38	
28	Fri	3:03	2.9	3:52	3.8	8:59	0.8	10:17	1.3	6:29	7:37	
29	Sat	4:07	2.8	4:57	3.8	9:56	0.9	11:21	1.3	6:30	7:36	
30	Sun	5:09	2.8	5:54	3.9	10:54	0.9			6:31	7:34	
31	Mon	6:04	3.0	6:42	4.0	12:15	1.2	11:49 AM	0.8	6:31	7:33	