

Metompkin Inlet, VA - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:55	3.5	1:24	3.8	6:51	0.7	7:25	1.0	6:06	8:11	
2	Mon	1:37	3.3	2:13	3.8	7:34	0.8	8:19	1.2	6:07	8:10	
3	Tue	2:25	3.2	3:07	3.9	8:22	0.8	9:16	1.2	6:07	8:09	
4	Wed	3:21	3.0	4:07	4.1	9:15	0.7	10:17	1.1	6:08	8:08	
5	Thu	4:22	3.0	5:08	4.3	10:12	0.6	11:19	1.0	6:09	8:07	
6	Fri	5:24	3.2	6:06	4.6	11:12	0.3			6:10	8:06	
7	Sat	6:22	3.4	7:02	4.9	12:18	0.7	12:12	0.0	6:11	8:04	
8	Sun	7:18	3.7	7:54	5.1	1:14	0.3	1:10	-0.3	6:12	8:03	
9	Mon	8:12	4.0	8:46	5.2	2:05	-0.1	2:05	-0.6	6:13	8:02	
10	Tue	9:05	4.3	9:36	5.2	2:53	-0.4	2:59	-0.8	6:13	8:01	
11	Wed	9:58	4.5	10:25	5.0	3:39	-0.6	3:52	-0.8	6:14	8:00	
12	Thu	10:50	4.7	11:14	4.7	4:26	-0.7	4:46	-0.7	6:15	7:59	
13	Fri	11:42	4.7			5:13	-0.6	5:42	-0.4	6:16	7:57	
14	Sat	12:03	4.4	12:34	4.7	6:02	-0.4	6:41	-0.1	6:17	7:56	
15	Sun	12:53	3.9	1:29	4.5	6:53	-0.2	7:42	0.3	6:18	7:55	
16	Mon	1:46	3.5	2:28	4.3	7:46	0.1	8:46	0.6	6:19	7:54	
17	Tue	2:44	3.1	3:33	4.1	8:43	0.3	9:54	0.8	6:19	7:52	
18	Wed	3:49	2.9	4:42	4.0	9:43	0.5	11:04	0.9	6:20	7:51	
19	Thu	4:56	2.9	5:46	4.0	10:43	0.5			6:21	7:50	
20	Fri	5:57	2.9	6:39	4.1	12:08	0.9	11:43 AM	0.5	6:22	7:48	
21	Sat	6:48	3.1	7:24	4.2	1:00	0.8	12:36	0.4	6:23	7:47	
22	Sun	7:32	3.3	8:03	4.2	1:40	0.7	1:23	0.3	6:24	7:46	
23	Mon	8:13	3.5	8:40	4.3	2:14	0.6	2:05	0.3	6:25	7:44	
24	Tue	8:52	3.7	9:17	4.3	2:45	0.5	2:45	0.2	6:25	7:43	
25	Wed	9:31	3.9	9:54	4.2	3:17	0.5	3:23	0.3	6:26	7:42	
26	Thu	10:10	4.0	10:30	4.1	3:49	0.4	4:01	0.4	6:27	7:40	
27	Fri	10:48	4.1	11:06	4.0	4:21	0.5	4:41	0.5	6:28	7:39	
28	Sat	11:27	4.1	11:43	3.8	4:56	0.6	5:22	0.7	6:29	7:37	
29	Sun			12:06	4.1	5:32	0.7	6:06	0.9	6:30	7:36	
30	Mon	12:21	3.6	12:49	4.1	6:11	0.8	6:55	1.1	6:30	7:34	
31	Tue	1:02	3.4	1:37	4.1	6:55	0.9	7:49	1.2	6:31	7:33	