US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2012

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