

































Metompkin Inlet, VA - Aug 2013

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