





























## Metompkin Inlet, VA - Aug 2014

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise  | Set  | Moon  |
| 1    | Fri | 12:23 | 3.9 | 12:50 | 3.8 | 6:22  | 0.6  | 6:44     | 0.8  | 6:06  | 8:11 |    |
| 2    | Sat | 1:04  | 3.7 | 1:35  | 3.8 | 7:04  | 0.6  | 7:35     | 1.0  | 6:07  | 8:10 |    |
| 3    | Sun | 1:49  | 3.5 | 2:26  | 3.9 | 7:50  | 0.7  | 8:30     | 1.0  | 6:07  | 8:09 |    |
| 4    | Mon | 2:40  | 3.4 | 3:23  | 4.0 | 8:41  | 0.6  | 9:29     | 1.0  | 6:08  | 8:08 |    |
| 5    | Tue | 3:39  | 3.3 | 4:23  | 4.2 | 9:35  | 0.5  | 10:30    | 0.9  | 6:09  | 8:07 |    |
| 6    | Wed | 4:41  | 3.4 | 5:23  | 4.5 | 10:34 | 0.3  | 11:32    | 0.6  | 6:10  | 8:06 |    |
| 7    | Thu | 5:41  | 3.5 | 6:21  | 4.8 | 11:34 | 0.0  |          |      | 6:11  | 8:04 |    |
| 8    | Fri | 6:40  | 3.8 | 7:16  | 5.1 | 12:31 | 0.3  | 12:33    | -0.3 | 6:12  | 8:03 |    |
| 9    | Sat | 7:36  | 4.0 | 8:10  | 5.2 | 1:26  | -0.1 | 1:30     | -0.6 | 6:13  | 8:02 |    |
| 10   | Sun | 8:30  | 4.3 | 9:02  | 5.3 | 2:18  | -0.4 | 2:25     | -0.8 | 6:13  | 8:01 |    |
| 11   | Mon | 9:24  | 4.5 | 9:53  | 5.2 | 3:08  | -0.6 | 3:19     | -0.9 | 6:14  | 8:00 |    |
| 12   | Tue | 10:17 | 4.6 | 10:44 | 5.0 | 3:57  | -0.8 | 4:13     | -0.9 | 6:15  | 7:59 |   |
| 13   | Wed | 11:09 | 4.7 | 11:33 | 4.7 | 4:45  | -0.7 | 5:07     | -0.7 | 6:16  | 7:57 |  |
| 14   | Thu |       |     | 12:02 | 4.6 | 5:34  | -0.6 | 6:03     | -0.3 | 6:17  | 7:56 |  |
| 15   | Fri | 12:23 | 4.3 | 12:55 | 4.5 | 6:25  | -0.4 | 7:01     | 0.0  | 6:18  | 7:55 |  |
| 16   | Sat | 1:14  | 3.9 | 1:50  | 4.3 | 7:17  | -0.1 | 8:02     | 0.4  | 6:19  | 7:54 |  |
| 17   | Sun | 2:08  | 3.5 | 2:50  | 4.1 | 8:11  | 0.2  | 9:05     | 0.7  | 6:19  | 7:52 |  |
| 18   | Mon | 3:07  | 3.2 | 3:53  | 3.9 | 9:07  | 0.4  | 10:10    | 0.8  | 6:20  | 7:51 |  |
| 19   | Tue | 4:10  | 3.0 | 4:58  | 3.9 | 10:04 | 0.5  | 11:14    | 0.9  | 6:21  | 7:50 |  |
| 20   | Wed | 5:12  | 3.0 | 5:55  | 3.9 | 11:02 | 0.6  |          |      | 6:22  | 7:48 |  |
| 21   | Thu | 6:07  | 3.1 | 6:43  | 4.0 | 12:12 | 0.9  | 11:56 AM | 0.6  | 6:23  | 7:47 |  |
| 22   | Fri | 6:54  | 3.2 | 7:25  | 4.1 | 12:59 | 0.8  | 12:45    | 0.5  | 6:24  | 7:46 |  |
| 23   | Sat | 7:37  | 3.4 | 8:05  | 4.2 | 1:38  | 0.7  | 1:29     | 0.4  | 6:25  | 7:44 |  |
| 24   | Sun | 8:18  | 3.6 | 8:43  | 4.3 | 2:12  | 0.6  | 2:10     | 0.3  | 6:25  | 7:43 |  |
| 25   | Mon | 8:58  | 3.8 | 9:21  | 4.3 | 2:46  | 0.5  | 2:49     | 0.2  | 6:26  | 7:42 |  |
| 26   | Tue | 9:38  | 4.0 | 9:59  | 4.3 | 3:20  | 0.4  | 3:28     | 0.3  | 6:27  | 7:40 |  |
| 27   | Wed | 10:17 | 4.1 | 10:37 | 4.2 | 3:54  | 0.4  | 4:07     | 0.4  | 6:28  | 7:39 |  |
| 28   | Thu | 10:56 | 4.2 | 11:15 | 4.1 | 4:29  | 0.4  | 4:48     | 0.5  | 6:29  | 7:37 |  |
| 29   | Fri | 11:36 | 4.2 | 11:53 | 4.0 | 5:06  | 0.5  | 5:30     | 0.6  | 6:30  | 7:36 |  |
| 30   | Sat |       |     | 12:18 | 4.2 | 5:45  | 0.6  | 6:17     | 0.8  | 6:30  | 7:34 |  |
| 31   | Sun | 12:33 | 3.8 | 1:03  | 4.2 | 6:28  | 0.7  | 7:08     | 1.0  | 6:31  | 7:33 |  |