US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:45**	3.6	**8:19**	4.8	**1:44**	-0.1	**1:38**	-0.4	6:06	8:10	
2	Tue	**8:36**	3.7	**9:06**	4.7	**2:32**	-0.2	**2:29**	-0.5	6:07	8:09	
3	Wed	**9:24**	3.7	**9:52**	4.7	**3:17**	-0.2	**3:16**	-0.4	6:08	8:08	
4	Thu	**10:10**	3.8	**10:35**	4.5	**3:59**	-0.2	**4:01**	-0.3	6:09	8:07	
5	Fri	**10:55**	3.8	**11:17**	4.3	**4:40**	-0.1	**4:46**	-0.1	6:10	8:06	
6	Sat	**11:38**	3.8	**11:58**	4.0	**5:20**	0.1	**5:32**	0.2	6:10	8:05	
7	Sun			**12:22**	3.8	**6:01**	0.3	**6:18**	0.5	6:11	8:04	
8	Mon	**12:40**	3.8	**1:07**	3.7	**6:42**	0.5	**7:07**	0.8	6:12	8:03	
9	Tue	**1:24**	3.5	**1:55**	3.7	**7:25**	0.7	**7:58**	1.0	6:13	8:02	
10	Wed	**2:11**	3.3	**2:46**	3.6	**8:11**	0.8	**8:51**	1.2	6:14	8:00	
11	Thu	**3:02**	3.1	**3:42**	3.7	**8:59**	0.9	**9:46**	1.3	6:15	7:59	
12	Fri	**3:58**	3.1	**4:39**	3.8	**9:49**	0.9	**10:42**	1.2	6:16	7:58	
13	Sat	**4:55**	3.1	**5:33**	4.0	**10:42**	0.8	**11:37**	1.1	6:16	7:57	
14	Sun	**5:49**	3.2	**6:23**	4.3	**11:35**	0.7			6:17	7:56	
15	Mon	**6:39**	3.4	**7:11**	4.5	**12:29**	0.9	**12:26**	0.5	6:18	7:54	
16	Tue	**7:27**	3.7	**7:57**	4.7	**1:17**	0.6	**1:16**	0.2	6:19	7:53	
17	Wed	**8:14**	3.9	**8:42**	4.9	**2:02**	0.3	**2:04**	-0.1	6:20	7:52	
18	Thu	**9:01**	4.2	**9:28**	5.0	**2:46**	0.1	**2:52**	-0.3	6:21	7:50	
19	Fri	**9:48**	4.4	**10:13**	5.0	**3:29**	-0.1	**3:40**	-0.4	6:22	7:49	
20	Sat	**10:36**	4.5	**10:59**	4.9	**4:13**	-0.3	**4:29**	-0.3	6:22	7:48	
21	Sun	**11:25**	4.6	**11:47**	4.6	**4:59**	-0.3	**5:21**	-0.2	6:23	7:46	
22	Mon			**12:15**	4.7	**5:47**	-0.3	**6:17**	0.0	6:24	7:45	
23	Tue	**12:36**	4.3	**1:09**	4.6	**6:38**	-0.1	**7:16**	0.2	6:25	7:44	
24	Wed	**1:29**	4.0	**2:06**	4.5	**7:32**	0.0	**8:19**	0.4	6:26	7:42	
25	Thu	**2:27**	3.7	**3:10**	4.4	**8:29**	0.1	**9:24**	0.5	6:27	7:41	
26	Fri	**3:31**	3.4	**4:17**	4.4	**9:30**	0.2	**10:31**	0.6	6:28	7:39	
27	Sat	**4:39**	3.3	**5:23**	4.4	**10:32**	0.2	**11:36**	0.5	6:28	7:38	
28	Sun	**5:43**	3.4	**6:22**	4.5	**11:34**	0.1			6:29	7:37	
29	Mon	**6:41**	3.5	**7:15**	4.5	**12:36**	0.4	**12:33**	0.0	6:30	7:35	
30	Tue	**7:32**	3.7	**8:02**	4.5	**1:27**	0.2	**1:26**	-0.1	6:31	7:34	
31	Wed	**8:19**	3.8	**8:46**	4.5	**2:12**	0.1	**2:14**	-0.1	6:32	7:32	