

































## 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	