































Metompkin Inlet, VA - Aug 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:13	4.0	9:44	5.3	3:04	-0.3	3:03	-0.7	6:06	8:11	
2	Fri	10:06	4.1	10:35	5.3	3:53	-0.5	3:56	-0.8	6:06	8:10	
3	Sat	10:59	4.3	11:26	5.0	4:42	-0.5	4:50	-0.7	6:07	8:09	
4	Sun	11:52	4.3			5:32	-0.5	5:46	-0.5	6:08	8:08	
5	Mon	12:16	4.7	12:46	4.3	6:22	-0.4	6:46	-0.2	6:09	8:07	
6	Tue	1:08	4.3	1:42	4.2	7:15	-0.2	7:48	0.1	6:10	8:06	
7	Wed	2:03	3.8	2:42	4.2	8:08	-0.1	8:52	0.4	6:11	8:05	
8	Thu	3:01	3.5	3:46	4.1	9:03	0.1	9:59	0.6	6:12	8:04	
9	Fri	4:04	3.2	4:50	4.1	9:59	0.3	11:06	0.6	6:12	8:02	
10	Sat	5:07	3.0	5:50	4.1	10:56	0.3			6:13	8:01	
11	Sun	6:06	3.0	6:43	4.2	12:10	0.6	11:52 AM	0.3	6:14	8:00	
12	Mon	6:57	3.1	7:30	4.3	1:05	0.6	12:44	0.3	6:15	7:59	
13	Tue	7:42	3.2	8:12	4.3	1:50	0.5	1:31	0.2	6:16	7:58	
14	Wed	8:24	3.3	8:53	4.4	2:29	0.5	2:14	0.2	6:17	7:56	
15	Thu	9:05	3.5	9:32	4.4	3:04	0.4	2:54	0.1	6:18	7:55	
16	Fri	9:46	3.6	10:10	4.4	3:38	0.4	3:33	0.2	6:18	7:54	
17	Sat	10:26	3.7	10:48	4.3	4:12	0.4	4:13	0.3	6:19	7:53	
18	Sun	11:06	3.8	11:26	4.1	4:46	0.5	4:53	0.4	6:20	7:51	
19	Mon	11:45	3.8			5:22	0.6	5:35	0.6	6:21	7:50	
20	Tue	12:04	4.0	12:26	3.8	6:00	0.7	6:20	0.8	6:22	7:49	
21	Wed	12:43	3.8	1:09	3.9	6:39	0.8	7:08	1.0	6:23	7:47	
22	Thu	1:25	3.5	1:56	3.9	7:22	0.9	8:01	1.1	6:24	7:46	
23	Fri	2:12	3.4	2:49	4.0	8:10	0.9	8:59	1.2	6:24	7:45	
24	Sat	3:08	3.3	3:49	4.1	9:02	0.9	9:59	1.1	6:25	7:43	
25	Sun	4:09	3.2	4:50	4.3	10:00	0.7	11:01	0.9	6:26	7:42	
26	Mon	5:11	3.4	5:50	4.6	10:59	0.5			6:27	7:40	
27	Tue	6:10	3.6	6:46	4.9	12:01	0.6	12:00	0.1	6:28	7:39	
28	Wed	7:06	3.8	7:40	5.2	12:58	0.3	12:58	-0.2	6:29	7:38	
29	Thu	8:00	4.1	8:33	5.3	1:50	0.0	1:54	-0.5	6:29	7:36	
30	Fri	8:53	4.4	9:24	5.3	2:40	-0.3	2:48	-0.8	6:30	7:35	
31	Sat	9:46	4.6	10:14	5.2	3:28	-0.5	3:41	-0.8	6:31	7:33	