US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:15**	3.2	**7:51**	4.6	**1:20**	0.2	**1:04**	-0.1	6:06	8:10	
2	Sun	**8:06**	3.3	**8:39**	4.7	**2:11**	0.1	**1:55**	-0.2	6:07	8:09	
3	Mon	**8:53**	3.4	**9:24**	4.6	**2:55**	0.1	**2:42**	-0.2	6:08	8:08	
4	Tue	**9:39**	3.5	**10:07**	4.5	**3:36**	0.1	**3:27**	-0.2	6:09	8:07	
5	Wed	**10:22**	3.5	**10:48**	4.4	**4:15**	0.1	**4:10**	0.0	6:10	8:06	
6	Thu	**11:05**	3.6	**11:28**	4.2	**4:53**	0.2	**4:53**	0.2	6:10	8:05	
7	Fri	**11:47**	3.6			**5:31**	0.4	**5:37**	0.4	6:11	8:04	
8	Sat	**12:07**	4.0	**12:29**	3.6	**6:09**	0.5	**6:23**	0.7	6:12	8:03	
9	Sun	**12:48**	3.7	**1:13**	3.6	**6:48**	0.7	**7:11**	0.9	6:13	8:02	
10	Mon	**1:30**	3.5	**2:00**	3.6	**7:30**	0.8	**8:03**	1.1	6:14	8:00	
11	Tue	**2:16**	3.2	**2:51**	3.7	**8:13**	0.9	**8:57**	1.2	6:15	7:59	
12	Wed	**3:08**	3.1	**3:47**	3.7	**9:01**	1.0	**9:53**	1.3	6:16	7:58	
13	Thu	**4:04**	3.0	**4:44**	3.9	**9:51**	1.0	**10:51**	1.2	6:16	7:57	
14	Fri	**5:02**	3.0	**5:39**	4.1	**10:45**	0.9	**11:48**	1.1	6:17	7:56	
15	Sat	**5:56**	3.2	**6:32**	4.4	**11:40**	0.6			6:18	7:54	
16	Sun	**6:48**	3.4	**7:21**	4.7	**12:42**	0.8	**12:34**	0.4	6:19	7:53	
17	Mon	**7:38**	3.6	**8:10**	5.0	**1:32**	0.5	**1:26**	0.0	6:20	7:52	
18	Tue	**8:27**	3.9	**8:58**	5.1	**2:19**	0.2	**2:17**	-0.2	6:21	7:50	
19	Wed	**9:16**	4.1	**9:45**	5.2	**3:04**	-0.1	**3:07**	-0.4	6:22	7:49	
20	Thu	**10:06**	4.3	**10:33**	5.1	**3:49**	-0.2	**3:57**	-0.5	6:22	7:48	
21	Fri	**10:56**	4.5	**11:21**	4.9	**4:35**	-0.3	**4:50**	-0.4	6:23	7:46	
22	Sat	**11:46**	4.6			**5:21**	-0.3	**5:44**	-0.3	6:24	7:45	
23	Sun	**12:09**	4.5	**12:38**	4.6	**6:10**	-0.2	**6:43**	0.0	6:25	7:44	
24	Mon	**1:00**	4.1	**1:34**	4.6	**7:01**	-0.1	**7:45**	0.3	6:26	7:42	
25	Tue	**1:54**	3.7	**2:34**	4.4	**7:55**	0.1	**8:50**	0.5	6:27	7:41	
26	Wed	**2:55**	3.4	**3:39**	4.4	**8:53**	0.2	**9:58**	0.6	6:28	7:39	
27	Thu	**4:01**	3.2	**4:47**	4.3	**9:53**	0.4	**11:07**	0.7	6:28	7:38	
28	Fri	**5:09**	3.1	**5:52**	4.4	**10:55**	0.4			6:29	7:37	
29	Sat	**6:11**	3.2	**6:48**	4.4	**12:12**	0.6	**11:56 AM**	0.3	6:30	7:35	
30	Sun	**7:04**	3.3	**7:37**	4.4	**1:08**	0.5	**12:52**	0.2	6:31	7:34	
31	Mon	**7:51**	3.4	**8:21**	4.5	**1:54**	0.4	**1:42**	0.1	6:32	7:32	