

































Metompkin Inlet, VA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:36	3.7	9:11	5.3	2:33	-0.1	2:25	-0.6	6:06	8:11	
2	Wed	9:30	3.9	10:03	5.3	3:22	-0.3	3:20	-0.8	6:06	8:10	
3	Thu	10:24	4.1	10:54	5.1	4:11	-0.5	4:14	-0.8	6:07	8:09	
4	Fri	11:17	4.2	11:43	4.8	4:59	-0.5	5:09	-0.6	6:08	8:08	
5	Sat			12:09	4.3	5:47	-0.4	6:07	-0.3	6:09	8:07	
6	Sun	12:32	4.4	1:03	4.3	6:36	-0.3	7:07	0.0	6:10	8:06	
7	Mon	1:23	3.9	1:59	4.2	7:26	-0.1	8:10	0.4	6:11	8:05	
8	Tue	2:16	3.5	2:58	4.1	8:18	0.2	9:15	0.6	6:12	8:04	
9	Wed	3:15	3.1	4:02	4.0	9:11	0.4	10:22	0.8	6:12	8:02	
10	Thu	4:18	2.9	5:06	4.0	10:07	0.5	11:31	0.9	6:13	8:01	
11	Fri	5:21	2.8	6:05	4.1	11:04	0.6			6:14	8:00	
12	Sat	6:18	2.8	6:56	4.1	12:33	0.9	12:00	0.6	6:15	7:59	
13	Sun	7:06	2.9	7:41	4.2	1:23	0.8	12:51	0.5	6:16	7:58	
14	Mon	7:49	3.1	8:22	4.3	2:03	0.7	1:37	0.4	6:17	7:56	
15	Tue	8:31	3.3	9:01	4.4	2:38	0.7	2:19	0.3	6:18	7:55	
16	Wed	9:11	3.4	9:39	4.4	3:10	0.6	2:58	0.2	6:18	7:54	
17	Thu	9:51	3.6	10:16	4.3	3:42	0.5	3:37	0.3	6:19	7:53	
18	Fri	10:30	3.7	10:52	4.2	4:14	0.5	4:16	0.4	6:20	7:51	
19	Sat	11:09	3.8	11:28	4.1	4:48	0.6	4:56	0.5	6:21	7:50	
20	Sun	11:47	3.9			5:22	0.6	5:39	0.7	6:22	7:49	
21	Mon	12:04	3.9	12:27	3.9	5:58	0.7	6:25	0.9	6:23	7:47	
22	Tue	12:42	3.6	1:10	4.0	6:36	0.8	7:15	1.0	6:24	7:46	
23	Wed	1:25	3.4	1:59	4.0	7:20	0.8	8:11	1.1	6:24	7:45	
24	Thu	2:14	3.2	2:56	4.1	8:10	0.9	9:12	1.2	6:25	7:43	
25	Fri	3:14	3.1	4:00	4.3	9:07	0.8	10:17	1.1	6:26	7:42	
26	Sat	4:20	3.1	5:06	4.5	10:09	0.6	11:22	0.9	6:27	7:40	
27	Sun	5:26	3.2	6:08	4.8	11:13	0.4			6:28	7:39	
28	Mon	6:27	3.5	7:06	5.0	12:23	0.6	12:16	0.0	6:29	7:38	
29	Tue	7:24	3.8	8:00	5.2	1:19	0.3	1:16	-0.3	6:30	7:36	
30	Wed	8:18	4.1	8:52	5.2	2:10	-0.1	2:12	-0.6	6:30	7:35	
31	Thu	9:11	4.4	9:42	5.2	2:58	-0.3	3:06	-0.7	6:31	7:33	