





























Metompkin Inlet, VA - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:18	3.1	2:56	3.6	8:15	0.8	9:07	1.2	6:06	8:10	
2	Sat	3:09	2.9	3:52	3.7	9:02	0.9	10:04	1.3	6:07	8:09	
3	Sun	4:06	2.8	4:50	3.8	9:52	1.0	11:03	1.3	6:08	8:08	
4	Mon	5:04	2.8	5:46	3.9	10:45	0.9			6:09	8:07	
5	Tue	5:59	2.9	6:37	4.1	12:00	1.2	11:39 AM	0.8	6:09	8:06	
6	Wed	6:49	3.0	7:25	4.4	12:52	1.1	12:32	0.6	6:10	8:05	
7	Thu	7:37	3.2	8:10	4.6	1:37	0.8	1:21	0.3	6:11	8:04	
8	Fri	8:23	3.5	8:53	4.8	2:19	0.6	2:08	0.1	6:12	8:03	
9	Sat	9:08	3.7	9:36	4.9	3:00	0.3	2:54	-0.1	6:13	8:02	
10	Sun	9:53	3.9	10:19	4.8	3:40	0.1	3:41	-0.2	6:14	8:01	
11	Mon	10:39	4.2	11:02	4.7	4:20	0.0	4:29	-0.2	6:15	7:59	
12	Tue	11:25	4.3	11:46	4.4	5:02	-0.1	5:20	0.0	6:15	7:58	
13	Wed			12:13	4.5	5:45	-0.1	6:14	0.1	6:16	7:57	
14	Thu	12:32	4.1	1:04	4.5	6:31	0.0	7:13	0.4	6:17	7:56	
15	Fri	1:22	3.7	2:00	4.5	7:22	0.1	8:15	0.6	6:18	7:55	
16	Sat	2:17	3.4	3:02	4.4	8:16	0.2	9:22	0.7	6:19	7:53	
17	Sun	3:20	3.1	4:10	4.4	9:16	0.3	10:31	0.8	6:20	7:52	
18	Mon	4:29	3.0	5:19	4.5	10:19	0.3	11:41	0.7	6:21	7:51	
19	Tue	5:37	3.0	6:23	4.5	11:24	0.2			6:21	7:49	
20	Wed	6:39	3.2	7:19	4.6	12:45	0.6	12:27	0.1	6:22	7:48	
21	Thu	7:33	3.4	8:09	4.7	1:38	0.4	1:23	-0.1	6:23	7:47	
22	Fri	8:23	3.6	8:55	4.6	2:23	0.2	2:14	-0.2	6:24	7:45	
23	Sat	9:08	3.8	9:36	4.5	3:03	0.1	3:01	-0.2	6:25	7:44	
24	Sun	9:52	3.9	10:16	4.4	3:40	0.1	3:45	-0.1	6:26	7:43	
25	Mon	10:33	4.0	10:55	4.2	4:16	0.2	4:28	0.1	6:27	7:41	
26	Tue	11:14	4.1	11:33	3.9	4:51	0.3	5:11	0.3	6:27	7:40	
27	Wed	11:54	4.1			5:26	0.5	5:55	0.6	6:28	7:38	
28	Thu	12:12	3.6	12:36	4.0	6:03	0.7	6:42	0.9	6:29	7:37	
29	Fri	12:52	3.3	1:21	3.9	6:43	0.9	7:31	1.2	6:30	7:35	
30	Sat	1:36	3.1	2:10	3.8	7:27	1.1	8:25	1.4	6:31	7:34	
31	Sun	2:26	2.9	3:07	3.8	8:17	1.2	9:23	1.5	6:32	7:32	