

Metompkin Inlet, VA - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:05	3.8	11:25	4.3	4:46	0.3	4:51	0.3	6:06	8:11	
2	Sun	11:47	3.9			5:24	0.3	5:37	0.4	6:07	8:10	
3	Mon	12:04	4.1	12:30	4.0	6:03	0.3	6:28	0.5	6:08	8:09	
4	Tue	12:46	3.9	1:18	4.1	6:46	0.3	7:23	0.7	6:08	8:08	
5	Wed	1:32	3.6	2:11	4.2	7:33	0.4	8:23	0.8	6:09	8:06	
6	Thu	2:26	3.3	3:12	4.3	8:26	0.4	9:28	0.8	6:10	8:05	
7	Fri	3:28	3.1	4:18	4.4	9:24	0.3	10:35	0.8	6:11	8:04	
8	Sat	4:35	3.1	5:24	4.6	10:27	0.2	11:42	0.6	6:12	8:03	
9	Sun	5:42	3.2	6:27	4.8	11:31	0.0			6:13	8:02	
10	Mon	6:44	3.3	7:25	5.0	12:46	0.4	12:34	-0.2	6:14	8:01	
11	Tue	7:41	3.6	8:19	5.0	1:42	0.1	1:34	-0.5	6:14	8:00	
12	Wed	8:36	3.8	9:10	5.0	2:32	-0.1	2:29	-0.6	6:15	7:59	
13	Thu	9:28	4.0	9:58	4.9	3:18	-0.3	3:21	-0.6	6:16	7:57	
14	Fri	10:18	4.2	10:44	4.6	4:02	-0.3	4:11	-0.5	6:17	7:56	
15	Sat	11:05	4.2	11:28	4.3	4:44	-0.3	5:02	-0.2	6:18	7:55	
16	Sun	11:52	4.2			5:26	-0.1	5:52	0.1	6:19	7:54	
17	Mon	12:11	3.9	12:38	4.1	6:08	0.1	6:44	0.5	6:20	7:52	
18	Tue	12:54	3.5	1:25	4.0	6:52	0.4	7:39	0.8	6:20	7:51	
19	Wed	1:40	3.2	2:17	3.9	7:37	0.7	8:35	1.1	6:21	7:50	
20	Thu	2:31	2.9	3:14	3.8	8:26	0.9	9:35	1.3	6:22	7:48	
21	Fri	3:28	2.8	4:16	3.7	9:19	1.0	10:37	1.4	6:23	7:47	
22	Sat	4:30	2.7	5:17	3.8	10:15	1.0	11:38	1.4	6:24	7:46	
23	Sun	5:29	2.8	6:11	4.0	11:11	1.0			6:25	7:44	
24	Mon	6:21	3.0	6:58	4.1	12:29	1.3	12:05	0.8	6:26	7:43	
25	Tue	7:08	3.2	7:41	4.3	1:11	1.1	12:54	0.6	6:26	7:41	
26	Wed	7:51	3.5	8:21	4.5	1:49	0.9	1:39	0.4	6:27	7:40	
27	Thu	8:34	3.7	9:00	4.6	2:24	0.6	2:22	0.3	6:28	7:39	
28	Fri	9:15	4.0	9:38	4.6	2:59	0.4	3:04	0.2	6:29	7:37	
29	Sat	9:56	4.2	10:17	4.5	3:35	0.3	3:47	0.1	6:30	7:36	
30	Sun	10:37	4.4	10:57	4.3	4:11	0.2	4:31	0.2	6:31	7:34	
31	Mon	11:20	4.5	11:38	4.1	4:49	0.2	5:19	0.3	6:31	7:33	