US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:29	3.3	2:03	3.7	7:28	0.7	8:09	1.1	6:06	8:10	
2	Thu	2:16	3.1	2:56	3.7	8:13	0.8	9:03	1.3	6:07	8:09	
3	Fri	3:08	2.9	3:53	3.7	9:01	0.9	10:00	1.3	6:08	8:08	
4	Sat	4:05	2.9	4:51	3.8	9:53	0.9	10:58	1.3	6:09	8:07	
5	Sun	5:03	2.9	5:46	4.1	10:48	0.8	11:54	1.2	6:10	8:06	
6	Mon	5:58	3.1	6:37	4.3	11:43	0.6			6:10	8:05	
7	Tue	6:49	3.3	7:24	4.6	12:46	0.9	12:36	0.4	6:11	8:04	
8	Wed	7:38	3.5	8:10	4.8	1:33	0.6	1:27	0.1	6:12	8:03	
9	Thu	8:26	3.8	8:55	4.9	2:17	0.3	2:16	-0.2	6:13	8:02	
10	Fri	9:13	4.1	9:40	5.0	2:59	0.0	3:04	-0.3	6:14	8:01	
11	Sat	10:01	4.4	10:25	4.9	3:42	-0.2	3:53	-0.4	6:15	7:59	
12	Sun	10:49	4.5	11:11	4.7	4:25	-0.3	4:44	-0.3	6:16	7:58	
13	Mon	11:38	4.7	11:58	4.4	5:09	-0.3	5:37	-0.2	6:16	7:57	
14	Tue			12:29	4.7	5:56	-0.3	6:34	0.1	6:17	7:56	
15	Wed	12:47	4.0	1:23	4.6	6:47	-0.1	7:35	0.3	6:18	7:55	
16	Thu	1:41	3.6	2:23	4.5	7:41	0.0	8:39	0.6	6:19	7:53	
17	Fri	2:40	3.3	3:28	4.4	8:40	0.2	9:47	0.7	6:20	7:52	
18	Sat	3:46	3.1	4:38	4.3	9:42	0.2	10:56	0.7	6:21	7:51	
19	Sun	4:55	3.1	5:44	4.4	10:46	0.2			6:21	7:49	
20	Mon	6:00	3.2	6:43	4.4	12:02	0.6	11:49 AM	0.2	6:22	7:48	
21	Tue	6:57	3.3	7:33	4.5	12:59	0.5	12:47	0.1	6:23	7:47	
22	Wed	7:46	3.5	8:18	4.5	1:46	0.3	1:39	0.0	6:24	7:45	
23	Thu	8:31	3.7	8:59	4.4	2:27	0.2	2:26	-0.1	6:25	7:44	
24	Fri	9:14	3.9	9:38	4.3	3:03	0.1	3:09	-0.1	6:26	7:42	
25	Sat	9:55	4.0	10:16	4.2	3:38	0.1	3:50	0.0	6:27	7:41	
26	Sun	10:35	4.1	10:54	4.0	4:12	0.2	4:30	0.2	6:27	7:40	
27	Mon	11:14	4.1	11:32	3.8	4:47	0.3	5:12	0.5	6:28	7:38	
28	Tue	11:55	4.1			5:23	0.5	5:55	0.7	6:29	7:37	
29	Wed	12:11	3.6	12:37	4.0	6:01	0.7	6:40	1.0	6:30	7:35	
30	Thu	12:52	3.4	1:22	3.9	6:43	0.9	7:30	1.3	6:31	7:34	
31	Fri	1:36	3.2	2:13	3.8	7:29	1.0	8:24	1.4	6:32	7:32	