US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2030

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