




























## Metompkin Inlet, VA - Aug 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:16	3.8	7:53	5.2	1:11	0.0	1:10	-0.6	6:06	8:11	
2	Sat	8:13	4.0	8:46	5.2	2:05	-0.3	2:07	-0.8	6:07	8:10	
3	Sun	9:07	4.2	9:38	5.2	2:55	-0.6	3:01	-0.9	6:07	8:09	
4	Mon	10:00	4.4	10:28	5.0	3:44	-0.7	3:55	-0.9	6:08	8:08	
5	Tue	10:52	4.4	11:17	4.7	4:31	-0.7	4:48	-0.7	6:09	8:07	
6	Wed	11:43	4.4			5:19	-0.6	5:42	-0.4	6:10	8:06	
7	Thu	12:05	4.3	12:34	4.3	6:07	-0.4	6:38	0.0	6:11	8:05	
8	Fri	12:53	3.9	1:26	4.2	6:56	-0.1	7:36	0.4	6:12	8:03	
9	Sat	1:42	3.5	2:21	4.0	7:46	0.2	8:35	0.7	6:13	8:02	
10	Sun	2:36	3.2	3:20	3.8	8:38	0.4	9:37	0.9	6:13	8:01	
11	Mon	3:34	3.0	4:22	3.8	9:31	0.6	10:40	1.1	6:14	8:00	
12	Tue	4:34	2.9	5:22	3.8	10:26	0.7	11:40	1.1	6:15	7:59	
13	Wed	5:32	2.9	6:14	3.9	11:20	0.7			6:16	7:58	
14	Thu	6:23	3.1	6:59	4.1	12:31	1.0	12:12	0.6	6:17	7:56	
15	Fri	7:09	3.2	7:41	4.2	1:14	0.9	12:59	0.5	6:18	7:55	
16	Sat	7:52	3.5	8:21	4.3	1:50	0.7	1:42	0.4	6:19	7:54	
17	Sun	8:34	3.7	8:59	4.4	2:25	0.6	2:23	0.3	6:19	7:53	
18	Mon	9:15	3.9	9:38	4.4	3:00	0.5	3:04	0.2	6:20	7:51	
19	Tue	9:55	4.0	10:16	4.4	3:35	0.4	3:44	0.2	6:21	7:50	
20	Wed	10:35	4.1	10:54	4.3	4:10	0.3	4:25	0.3	6:22	7:49	
21	Thu	11:15	4.2	11:32	4.1	4:47	0.3	5:08	0.4	6:23	7:47	
22	Fri	11:57	4.3			5:26	0.4	5:55	0.6	6:24	7:46	
23	Sat	12:13	3.9	12:42	4.3	6:08	0.4	6:46	0.7	6:24	7:45	
24	Sun	12:57	3.7	1:32	4.3	6:55	0.5	7:42	0.9	6:25	7:43	
25	Mon	1:48	3.5	2:29	4.3	7:49	0.5	8:43	0.9	6:26	7:42	
26	Tue	2:47	3.4	3:33	4.4	8:47	0.5	9:47	0.9	6:27	7:40	
27	Wed	3:53	3.4	4:39	4.5	9:49	0.3	10:51	0.7	6:28	7:39	
28	Thu	5:00	3.5	5:43	4.7	10:54	0.1	11:54	0.4	6:29	7:38	
29	Fri	6:03	3.7	6:41	4.9	11:57	-0.1			6:30	7:36	
30	Sat	7:02	4.0	7:36	5.0	12:51	0.1	12:58	-0.4	6:30	7:35	
31	Sun	7:56	4.3	8:27	5.0	1:43	-0.2	1:54	-0.6	6:31	7:33	