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# 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 | |