US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2036

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**4:42**	3.1	**5:26**	3.9	**10:35**	0.4	**11:42**	0.7	6:06	8:10	
2	Sat	**5:40**	3.0	**6:19**	4.0	**11:28**	0.4			6:07	8:09	
3	Sun	**6:31**	3.0	**7:05**	4.1	**12:38**	0.7	**12:19**	0.4	6:08	8:08	
4	Mon	**7:17**	3.1	**7:48**	4.2	**1:25**	0.6	**1:06**	0.3	6:09	8:07	
5	Tue	**8:00**	3.3	**8:28**	4.3	**2:04**	0.5	**1:49**	0.3	6:10	8:06	
6	Wed	**8:41**	3.4	**9:08**	4.4	**2:40**	0.5	**2:30**	0.2	6:11	8:05	
7	Thu	**9:22**	3.5	**9:47**	4.4	**3:15**	0.4	**3:09**	0.2	6:11	8:04	
8	Fri	**10:03**	3.6	**10:26**	4.4	**3:50**	0.4	**3:48**	0.2	6:12	8:03	
9	Sat	**10:43**	3.7	**11:04**	4.3	**4:25**	0.4	**4:28**	0.3	6:13	8:01	
10	Sun	**11:23**	3.8	**11:42**	4.2	**5:02**	0.5	**5:09**	0.5	6:14	8:00	
11	Mon			**12:04**	3.8	**5:40**	0.5	**5:53**	0.7	6:15	7:59	
12	Tue	**12:21**	4.0	**12:46**	3.9	**6:19**	0.6	**6:41**	0.8	6:16	7:58	
13	Wed	**1:02**	3.8	**1:32**	3.9	**7:02**	0.7	**7:33**	0.9	6:17	7:57	
14	Thu	**1:48**	3.6	**2:23**	4.0	**7:49**	0.7	**8:30**	1.0	6:17	7:55	
15	Fri	**2:41**	3.5	**3:22**	4.1	**8:41**	0.6	**9:31**	0.9	6:18	7:54	
16	Sat	**3:41**	3.4	**4:24**	4.4	**9:37**	0.5	**10:33**	0.8	6:19	7:53	
17	Sun	**4:44**	3.4	**5:25**	4.6	**10:37**	0.3	**11:36**	0.5	6:20	7:52	
18	Mon	**5:46**	3.6	**6:24**	4.9	**11:38**	0.0			6:21	7:50	
19	Tue	**6:44**	3.8	**7:20**	5.1	**12:36**	0.2	**12:37**	-0.3	6:22	7:49	
20	Wed	**7:41**	4.1	**8:14**	5.3	**1:32**	-0.1	**1:35**	-0.6	6:23	7:48	
21	Thu	**8:35**	4.3	**9:07**	5.3	**2:24**	-0.4	**2:30**	-0.8	6:23	7:46	
22	Fri	**9:29**	4.5	**9:58**	5.2	**3:13**	-0.6	**3:24**	-0.9	6:24	7:45	
23	Sat	**10:21**	4.6	**10:48**	5.0	**4:01**	-0.7	**4:17**	-0.8	6:25	7:43	
24	Sun	**11:13**	4.6	**11:37**	4.6	**4:49**	-0.6	**5:11**	-0.6	6:26	7:42	
25	Mon			**12:04**	4.5	**5:38**	-0.4	**6:06**	-0.2	6:27	7:41	
26	Tue	**12:26**	4.2	**12:56**	4.4	**6:27**	-0.2	**7:03**	0.1	6:28	7:39	
27	Wed	**1:16**	3.8	**1:50**	4.2	**7:19**	0.1	**8:03**	0.5	6:29	7:38	
28	Thu	**2:10**	3.4	**2:48**	4.0	**8:12**	0.4	**9:05**	0.8	6:29	7:36	
29	Fri	**3:08**	3.2	**3:50**	3.9	**9:06**	0.6	**10:09**	1.0	6:30	7:35	
30	Sat	**4:10**	3.0	**4:53**	3.9	**10:02**	0.8	**11:12**	1.0	6:31	7:33	
31	Sun	**5:11**	3.0	**5:50**	3.9	**10:58**	0.8			6:32	7:32	