

































Metompkin Inlet, VA - Aug 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:54	3.0	4:40	3.8	9:48	0.5	10:58	0.9	6:06	8:10	
2	Thu	4:54	2.8	5:36	3.9	10:40	0.6			6:07	8:09	
3	Fri	5:49	2.8	6:27	4.0	12:00	0.9	11:32 AM	0.6	6:08	8:08	
4	Sat	6:39	2.9	7:13	4.1	12:53	0.9	12:23	0.6	6:09	8:07	
5	Sun	7:24	3.0	7:56	4.2	1:37	0.8	1:10	0.5	6:10	8:06	
6	Mon	8:07	3.2	8:37	4.3	2:14	0.7	1:53	0.4	6:11	8:05	
7	Tue	8:49	3.3	9:17	4.4	2:49	0.6	2:34	0.3	6:12	8:04	
8	Wed	9:30	3.4	9:56	4.5	3:24	0.6	3:14	0.3	6:12	8:03	
9	Thu	10:10	3.6	10:34	4.4	3:59	0.5	3:54	0.3	6:13	8:01	
10	Fri	10:50	3.7	11:11	4.3	4:34	0.5	4:34	0.4	6:14	8:00	
11	Sat	11:30	3.8	11:49	4.2	5:10	0.5	5:17	0.5	6:15	7:59	
12	Sun			12:11	3.9	5:47	0.5	6:03	0.6	6:16	7:58	
13	Mon	12:28	4.0	12:54	4.0	6:27	0.6	6:53	0.8	6:17	7:57	
14	Tue	1:10	3.7	1:42	4.1	7:10	0.6	7:49	0.9	6:18	7:55	
15	Wed	1:58	3.5	2:37	4.2	7:58	0.6	8:50	0.9	6:18	7:54	
16	Thu	2:55	3.3	3:39	4.3	8:52	0.6	9:53	0.9	6:19	7:53	
17	Fri	3:58	3.2	4:44	4.5	9:51	0.4	10:59	0.8	6:20	7:52	
18	Sat	5:04	3.2	5:47	4.7	10:54	0.2			6:21	7:50	
19	Sun	6:07	3.4	6:47	5.0	12:04	0.5	11:57 AM	0.0	6:22	7:49	
20	Mon	7:06	3.6	7:44	5.2	1:04	0.2	12:58	-0.3	6:23	7:48	
21	Tue	8:03	3.9	8:38	5.2	1:58	-0.1	1:55	-0.6	6:24	7:46	
22	Wed	8:57	4.1	9:29	5.2	2:48	-0.3	2:50	-0.7	6:24	7:45	
23	Thu	9:49	4.3	10:19	5.0	3:35	-0.4	3:43	-0.7	6:25	7:43	
24	Fri	10:40	4.4	11:06	4.7	4:21	-0.4	4:35	-0.6	6:26	7:42	
25	Sat	11:29	4.4	11:53	4.3	5:06	-0.3	5:28	-0.3	6:27	7:41	
26	Sun			12:18	4.4	5:52	-0.1	6:23	0.1	6:28	7:39	
27	Mon	12:39	3.9	1:08	4.2	6:38	0.1	7:19	0.5	6:29	7:38	
28	Tue	1:27	3.5	2:00	4.1	7:26	0.4	8:18	0.8	6:29	7:36	
29	Wed	2:18	3.1	2:57	3.9	8:16	0.7	9:20	1.1	6:30	7:35	
30	Thu	3:16	2.9	3:59	3.8	9:09	0.9	10:24	1.2	6:31	7:33	
31	Fri	4:18	2.8	5:02	3.8	10:04	1.0	11:27	1.2	6:32	7:32	