












Metompkin Inlet, VA - Aug 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:56	3.0	3:41	3.8	8:54	0.6	10:01	1.0	6:06	8:10	
2	Tue	3:54	2.8	4:41	3.8	9:45	0.7	11:05	1.1	6:07	8:09	
3	Wed	4:53	2.7	5:39	3.8	10:38	0.8			6:08	8:08	
4	Thu	5:50	2.7	6:31	4.0	12:06	1.1	11:32 AM	0.8	6:09	8:07	
5	Fri	6:40	2.8	7:17	4.1	12:57	1.1	12:23	0.7	6:10	8:06	
6	Sat	7:25	3.0	8:00	4.3	1:38	0.9	1:11	0.5	6:11	8:05	
7	Sun	8:09	3.2	8:40	4.4	2:14	0.8	1:55	0.4	6:12	8:04	
8	Mon	8:51	3.4	9:19	4.5	2:49	0.7	2:36	0.3	6:12	8:03	
9	Tue	9:32	3.6	9:57	4.5	3:23	0.5	3:16	0.2	6:13	8:01	
10	Wed	10:12	3.7	10:34	4.4	3:57	0.4	3:57	0.2	6:14	8:00	
11	Thu	10:52	3.9	11:11	4.3	4:32	0.4	4:39	0.3	6:15	7:59	
12	Fri	11:32	4.0	11:49	4.1	5:07	0.4	5:23	0.4	6:16	7:58	
13	Sat			12:14	4.1	5:45	0.4	6:12	0.6	6:17	7:57	
14	Sun	12:30	3.8	12:59	4.2	6:27	0.4	7:06	0.7	6:18	7:55	
15	Mon	1:14	3.6	1:51	4.3	7:13	0.5	8:05	0.9	6:18	7:54	
16	Tue	2:06	3.3	2:50	4.3	8:05	0.5	9:08	0.9	6:19	7:53	
17	Wed	3:07	3.1	3:57	4.4	9:04	0.5	10:15	0.9	6:20	7:51	
18	Thu	4:15	3.1	5:05	4.6	10:07	0.4	11:23	0.8	6:21	7:50	
19	Fri	5:23	3.2	6:09	4.8	11:13	0.2			6:22	7:49	
20	Sat	6:27	3.4	7:08	4.9	12:27	0.5	12:17	-0.1	6:23	7:47	
21	Sun	7:25	3.6	8:03	5.0	1:24	0.2	1:18	-0.4	6:24	7:46	
22	Mon	8:20	3.9	8:54	5.0	2:15	-0.1	2:14	-0.6	6:24	7:45	
23	Tue	9:12	4.2	9:42	4.9	3:01	-0.3	3:07	-0.6	6:25	7:43	
24	Wed	10:02	4.4	10:28	4.7	3:44	-0.3	3:57	-0.5	6:26	7:42	
25	Thu	10:50	4.4	11:12	4.3	4:26	-0.3	4:48	-0.3	6:27	7:41	
26	Fri	11:36	4.4	11:56	4.0	5:08	-0.2	5:38	0.0	6:28	7:39	
27	Sat			12:22	4.3	5:51	0.1	6:30	0.4	6:29	7:38	
28	Sun	12:40	3.6	1:09	4.2	6:34	0.4	7:24	0.8	6:29	7:36	
29	Mon	1:25	3.2	2:00	4.0	7:21	0.7	8:22	1.1	6:30	7:35	
30	Tue	2:16	2.9	2:57	3.8	8:11	0.9	9:22	1.3	6:31	7:33	
31	Wed	3:13	2.8	4:01	3.8	9:05	1.1	10:25	1.4	6:32	7:32	