

































Metompkin Inlet, VA - Aug 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:27	3.6	11:44	4.0	5:06	0.5	5:13	0.5	6:06	8:10	
2	Wed			12:06	3.7	5:41	0.6	5:56	0.7	6:07	8:09	
3	Thu	12:21	3.8	12:47	3.8	6:17	0.6	6:43	0.9	6:08	8:08	
4	Fri	1:00	3.5	1:31	3.9	6:57	0.7	7:35	1.0	6:09	8:07	
5	Sat	1:43	3.3	2:21	3.9	7:41	0.7	8:31	1.1	6:10	8:06	
6	Sun	2:34	3.1	3:19	4.0	8:31	0.7	9:32	1.1	6:11	8:05	
7	Mon	3:34	3.0	4:22	4.2	9:27	0.6	10:36	1.0	6:11	8:04	
8	Tue	4:38	3.0	5:25	4.5	10:27	0.5	11:40	0.8	6:12	8:03	
9	Wed	5:42	3.2	6:25	4.8	11:30	0.2			6:13	8:02	
10	Thu	6:42	3.4	7:22	5.0	12:41	0.5	12:32	-0.1	6:14	8:00	
11	Fri	7:39	3.7	8:15	5.2	1:36	0.2	1:30	-0.5	6:15	7:59	
12	Sat	8:33	4.0	9:07	5.3	2:26	-0.2	2:26	-0.7	6:16	7:58	
13	Sun	9:27	4.3	9:57	5.2	3:14	-0.4	3:21	-0.8	6:17	7:57	
14	Mon	10:19	4.5	10:46	4.9	4:00	-0.6	4:14	-0.7	6:17	7:56	
15	Tue	11:11	4.6	11:34	4.5	4:46	-0.6	5:09	-0.5	6:18	7:54	
16	Wed			12:02	4.6	5:33	-0.4	6:05	-0.2	6:19	7:53	
17	Thu	12:22	4.1	12:54	4.5	6:20	-0.2	7:04	0.2	6:20	7:52	
18	Fri	1:12	3.6	1:48	4.3	7:10	0.1	8:05	0.5	6:21	7:50	
19	Sat	2:04	3.2	2:48	4.1	8:03	0.3	9:10	0.8	6:22	7:49	
20	Sun	3:03	2.9	3:53	4.0	8:59	0.6	10:19	1.0	6:22	7:48	
21	Mon	4:08	2.8	5:01	3.9	9:58	0.7	11:28	1.1	6:23	7:46	
22	Tue	5:14	2.8	6:01	4.0	10:58	0.8			6:24	7:45	
23	Wed	6:11	2.9	6:51	4.1	12:28	1.1	11:55 AM	0.7	6:25	7:44	
24	Thu	6:58	3.1	7:33	4.2	1:14	1.0	12:46	0.6	6:26	7:42	
25	Fri	7:41	3.3	8:12	4.3	1:49	0.9	1:30	0.4	6:27	7:41	
26	Sat	8:21	3.5	8:49	4.3	2:21	0.7	2:11	0.3	6:28	7:40	
27	Sun	9:00	3.7	9:25	4.3	2:52	0.6	2:50	0.3	6:28	7:38	
28	Mon	9:39	3.9	10:01	4.3	3:22	0.5	3:29	0.3	6:29	7:37	
29	Tue	10:17	4.0	10:36	4.1	3:54	0.5	4:08	0.4	6:30	7:35	
30	Wed	10:55	4.2	11:12	4.0	4:27	0.5	4:48	0.5	6:31	7:34	
31	Thu	11:33	4.2	11:49	3.8	5:01	0.6	5:30	0.7	6:32	7:32	