


































## Metompkin Inlet, VA - Aug 2046

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 8:04  | 3.6 | 8:37  | 5.1 | 2:00  | 0.3  | 1:53  | -0.3 | 6:06  | 8:10 |    |
| 2    | Thu | 8:55  | 3.9 | 9:26  | 5.1 | 2:46  | 0.0  | 2:44  | -0.5 | 6:07  | 8:09 |    |
| 3    | Fri | 9:45  | 4.1 | 10:13 | 5.1 | 3:32  | -0.3 | 3:36  | -0.6 | 6:08  | 8:08 |    |
| 4    | Sat | 10:36 | 4.4 | 11:01 | 4.9 | 4:17  | -0.4 | 4:28  | -0.6 | 6:09  | 8:07 |    |
| 5    | Sun | 11:26 | 4.5 | 11:49 | 4.6 | 5:02  | -0.5 | 5:23  | -0.4 | 6:09  | 8:06 |    |
| 6    | Mon |       |     | 12:18 | 4.6 | 5:49  | -0.4 | 6:20  | -0.1 | 6:10  | 8:05 |    |
| 7    | Tue | 12:38 | 4.2 | 1:12  | 4.5 | 6:38  | -0.3 | 7:20  | 0.2  | 6:11  | 8:04 |    |
| 8    | Wed | 1:29  | 3.7 | 2:10  | 4.4 | 7:30  | -0.1 | 8:24  | 0.4  | 6:12  | 8:03 |    |
| 9    | Thu | 2:26  | 3.3 | 3:13  | 4.3 | 8:26  | 0.1  | 9:31  | 0.7  | 6:13  | 8:02 |    |
| 10   | Fri | 3:29  | 3.0 | 4:21  | 4.2 | 9:24  | 0.2  | 10:42 | 0.8  | 6:14  | 8:01 |    |
| 11   | Sat | 4:37  | 2.9 | 5:28  | 4.2 | 10:26 | 0.3  | 11:51 | 0.8  | 6:15  | 8:00 |    |
| 12   | Sun | 5:42  | 2.9 | 6:29  | 4.3 | 11:28 | 0.3  |       |      | 6:15  | 7:58 |   |
| 13   | Mon | 6:40  | 3.0 | 7:20  | 4.3 | 12:51 | 0.7  | 12:27 | 0.3  | 6:16  | 7:57 |  |
| 14   | Tue | 7:29  | 3.2 | 8:04  | 4.4 | 1:40  | 0.6  | 1:19  | 0.2  | 6:17  | 7:56 |  |
| 15   | Wed | 8:14  | 3.3 | 8:45  | 4.4 | 2:20  | 0.5  | 2:05  | 0.1  | 6:18  | 7:55 |  |
| 16   | Thu | 8:55  | 3.5 | 9:22  | 4.3 | 2:54  | 0.4  | 2:47  | 0.1  | 6:19  | 7:53 |  |
| 17   | Fri | 9:35  | 3.7 | 9:59  | 4.3 | 3:27  | 0.3  | 3:27  | 0.1  | 6:20  | 7:52 |  |
| 18   | Sat | 10:15 | 3.8 | 10:36 | 4.1 | 3:59  | 0.3  | 4:06  | 0.2  | 6:21  | 7:51 |  |
| 19   | Sun | 10:54 | 3.9 | 11:13 | 4.0 | 4:32  | 0.4  | 4:46  | 0.4  | 6:21  | 7:49 |  |
| 20   | Mon | 11:33 | 4.0 | 11:50 | 3.7 | 5:05  | 0.5  | 5:27  | 0.6  | 6:22  | 7:48 |  |
| 21   | Tue |       |     | 12:12 | 4.0 | 5:40  | 0.7  | 6:10  | 0.9  | 6:23  | 7:47 |  |
| 22   | Wed | 12:28 | 3.5 | 12:54 | 3.9 | 6:18  | 0.8  | 6:58  | 1.1  | 6:24  | 7:45 |  |
| 23   | Thu | 1:08  | 3.3 | 1:40  | 3.9 | 6:59  | 0.9  | 7:49  | 1.3  | 6:25  | 7:44 |  |
| 24   | Fri | 1:53  | 3.1 | 2:33  | 3.9 | 7:47  | 1.0  | 8:46  | 1.4  | 6:26  | 7:43 |  |
| 25   | Sat | 2:47  | 3.0 | 3:33  | 4.0 | 8:40  | 1.0  | 9:46  | 1.4  | 6:27  | 7:41 |  |
| 26   | Sun | 3:49  | 3.0 | 4:36  | 4.1 | 9:38  | 0.9  | 10:47 | 1.3  | 6:27  | 7:40 |  |
| 27   | Mon | 4:53  | 3.1 | 5:36  | 4.4 | 10:40 | 0.7  | 11:47 | 1.0  | 6:28  | 7:38 |  |
| 28   | Tue | 5:53  | 3.3 | 6:31  | 4.7 | 11:40 | 0.4  |       |      | 6:29  | 7:37 |  |
| 29   | Wed | 6:48  | 3.7 | 7:23  | 4.9 | 12:41 | 0.6  | 12:39 | 0.0  | 6:30  | 7:36 |  |
| 30   | Thu | 7:41  | 4.1 | 8:13  | 5.1 | 1:31  | 0.2  | 1:35  | -0.3 | 6:31  | 7:34 |  |
| 31   | Fri | 8:32  | 4.4 | 9:01  | 5.1 | 2:17  | -0.1 | 2:28  | -0.6 | 6:32  | 7:33 |  |