

































Metompkin Inlet, VA - Aug 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:20	3.7	10:41	4.4	4:03	0.3	4:04	0.2	6:06	8:10	
2	Sat	11:01	3.8	11:20	4.3	4:40	0.3	4:46	0.3	6:07	8:09	
3	Sun	11:42	3.9	11:59	4.2	5:19	0.4	5:29	0.5	6:08	8:08	
4	Mon			12:24	3.9	5:59	0.4	6:17	0.6	6:09	8:07	
5	Tue	12:41	4.0	1:10	4.0	6:43	0.4	7:09	0.7	6:10	8:06	
6	Wed	1:26	3.8	2:01	4.1	7:30	0.4	8:06	0.8	6:11	8:05	
7	Thu	2:18	3.7	2:58	4.2	8:22	0.4	9:07	0.8	6:11	8:04	
8	Fri	3:17	3.5	4:01	4.3	9:17	0.3	10:10	0.7	6:12	8:03	
9	Sat	4:20	3.5	5:04	4.6	10:16	0.2	11:14	0.5	6:13	8:02	
10	Sun	5:24	3.6	6:04	4.8	11:18	-0.1			6:14	8:00	
11	Mon	6:25	3.7	7:02	5.0	12:16	0.2	12:18	-0.3	6:15	7:59	
12	Tue	7:22	3.9	7:57	5.2	1:14	-0.1	1:17	-0.6	6:16	7:58	
13	Wed	8:18	4.1	8:50	5.2	2:08	-0.4	2:13	-0.8	6:17	7:57	
14	Thu	9:11	4.3	9:41	5.1	2:58	-0.6	3:06	-0.9	6:17	7:56	
15	Fri	10:03	4.4	10:30	4.9	3:46	-0.7	3:58	-0.8	6:18	7:54	
16	Sat	10:54	4.4	11:18	4.6	4:33	-0.6	4:50	-0.6	6:19	7:53	
17	Sun	11:44	4.4			5:20	-0.4	5:43	-0.3	6:20	7:52	
18	Mon	12:05	4.3	12:33	4.2	6:07	-0.2	6:37	0.1	6:21	7:50	
19	Tue	12:53	3.9	1:24	4.1	6:56	0.1	7:32	0.5	6:22	7:49	
20	Wed	1:42	3.5	2:17	3.9	7:45	0.4	8:30	0.8	6:23	7:48	
21	Thu	2:34	3.2	3:14	3.8	8:36	0.6	9:29	1.0	6:23	7:46	
22	Fri	3:31	3.0	4:15	3.8	9:29	0.8	10:29	1.1	6:24	7:45	
23	Sat	4:31	3.0	5:13	3.8	10:22	0.8	11:27	1.1	6:25	7:44	
24	Sun	5:28	3.1	6:05	3.9	11:16	0.8			6:26	7:42	
25	Mon	6:18	3.2	6:51	4.1	12:18	1.0	12:07	0.7	6:27	7:41	
26	Tue	7:04	3.4	7:34	4.3	1:01	0.9	12:54	0.6	6:28	7:39	
27	Wed	7:47	3.6	8:14	4.4	1:40	0.7	1:38	0.4	6:28	7:38	
28	Thu	8:29	3.8	8:54	4.5	2:17	0.6	2:19	0.3	6:29	7:37	
29	Fri	9:10	4.0	9:33	4.5	2:53	0.4	3:00	0.2	6:30	7:35	
30	Sat	9:51	4.2	10:13	4.5	3:30	0.3	3:41	0.2	6:31	7:34	
31	Sun	10:32	4.3	10:52	4.4	4:07	0.3	4:24	0.3	6:32	7:32	