

































Metompkin Inlet, VA - Aug 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:47	3.7	7:22	5.0	12:38	0.3	12:38	-0.2	6:06	8:10	
2	Sun	7:42	3.9	8:15	5.3	1:34	-0.1	1:34	-0.5	6:07	8:09	
3	Mon	8:36	4.1	9:08	5.4	2:26	-0.4	2:28	-0.8	6:08	8:08	
4	Tue	9:30	4.3	10:00	5.3	3:16	-0.6	3:22	-0.9	6:09	8:07	
5	Wed	10:23	4.4	10:51	5.2	4:06	-0.7	4:16	-0.9	6:10	8:06	
6	Thu	11:16	4.4	11:41	4.9	4:55	-0.7	5:10	-0.7	6:10	8:05	
7	Fri			12:09	4.4	5:46	-0.6	6:07	-0.4	6:11	8:04	
8	Sat	12:32	4.5	1:03	4.3	6:37	-0.4	7:07	-0.1	6:12	8:03	
9	Sun	1:24	4.0	2:00	4.2	7:30	-0.2	8:09	0.3	6:13	8:02	
10	Mon	2:20	3.6	3:01	4.1	8:24	0.1	9:13	0.5	6:14	8:01	
11	Tue	3:19	3.3	4:05	4.0	9:20	0.3	10:18	0.7	6:15	8:00	
12	Wed	4:22	3.1	5:08	4.0	10:16	0.4	11:24	0.7	6:16	7:58	
13	Thu	5:23	3.0	6:04	4.0	11:12	0.4			6:16	7:57	
14	Fri	6:18	3.1	6:53	4.1	12:23	0.7	12:06	0.4	6:17	7:56	
15	Sat	7:05	3.2	7:36	4.2	1:11	0.7	12:54	0.4	6:18	7:55	
16	Sun	7:48	3.3	8:16	4.3	1:52	0.6	1:39	0.3	6:19	7:53	
17	Mon	8:29	3.5	8:55	4.4	2:27	0.5	2:19	0.2	6:20	7:52	
18	Tue	9:09	3.7	9:34	4.4	3:01	0.4	2:59	0.2	6:21	7:51	
19	Wed	9:50	3.8	10:12	4.4	3:35	0.4	3:38	0.2	6:22	7:49	
20	Thu	10:29	3.9	10:50	4.3	4:10	0.4	4:17	0.3	6:22	7:48	
21	Fri	11:09	3.9	11:28	4.1	4:46	0.5	4:57	0.5	6:23	7:47	
22	Sat	11:49	4.0			5:22	0.6	5:40	0.7	6:24	7:45	
23	Sun	12:06	4.0	12:30	4.0	6:01	0.7	6:26	0.8	6:25	7:44	
24	Mon	12:46	3.8	1:14	4.0	6:43	0.7	7:17	1.0	6:26	7:43	
25	Tue	1:31	3.6	2:04	4.1	7:30	0.8	8:12	1.1	6:27	7:41	
26	Wed	2:22	3.5	3:01	4.1	8:21	0.8	9:12	1.0	6:27	7:40	
27	Thu	3:21	3.4	4:03	4.3	9:18	0.7	10:13	0.9	6:28	7:38	
28	Fri	4:25	3.4	5:06	4.5	10:18	0.5	11:16	0.7	6:29	7:37	
29	Sat	5:27	3.6	6:05	4.8	11:19	0.2			6:30	7:35	
30	Sun	6:27	3.9	7:02	5.1	12:15	0.4	12:20	-0.1	6:31	7:34	
31	Mon	7:23	4.2	7:55	5.2	1:11	0.0	1:18	-0.5	6:32	7:33	