


































Metompkin Inlet, VA - Aug 2055

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 3:41 | 3.4 | 4:27 | 4.2 | 9:41 | 0.0 | 10:38 | 0.5 | 6:06 | 8:11 |  |
| 2 | Mon | 4:45 | 3.3 | 5:30 | 4.3 | 10:38 | 0.1 | 11:44 | 0.4 | 6:07 | 8:10 |  |
| 3 | Tue | 5:46 | 3.2 | 6:27 | 4.4 | 11:36 | 0.1 | | | 6:08 | 8:09 |  |
| 4 | Wed | 6:43 | 3.2 | 7:19 | 4.4 | 12:45 | 0.3 | 12:32 | 0.0 | 6:08 | 8:08 |  |
| 5 | Thu | 7:33 | 3.3 | 8:05 | 4.5 | 1:37 | 0.3 | 1:23 | -0.1 | 6:09 | 8:07 |  |
| 6 | Fri | 8:20 | 3.4 | 8:49 | 4.5 | 2:22 | 0.2 | 2:10 | -0.1 | 6:10 | 8:05 |  |
| 7 | Sat | 9:04 | 3.5 | 9:31 | 4.5 | 3:02 | 0.1 | 2:54 | -0.1 | 6:11 | 8:04 |  |
| 8 | Sun | 9:46 | 3.6 | 10:11 | 4.4 | 3:40 | 0.1 | 3:35 | 0.0 | 6:12 | 8:03 |  |
| 9 | Mon | 10:28 | 3.6 | 10:51 | 4.3 | 4:16 | 0.2 | 4:16 | 0.1 | 6:13 | 8:02 |  |
| 10 | Tue | 11:09 | 3.7 | 11:30 | 4.1 | 4:53 | 0.3 | 4:57 | 0.3 | 6:14 | 8:01 |  |
| 11 | Wed | 11:50 | 3.7 | | | 5:30 | 0.4 | 5:40 | 0.5 | 6:14 | 8:00 |  |
| 12 | Thu | 12:09 | 3.9 | 12:32 | 3.7 | 6:08 | 0.6 | 6:25 | 0.8 | 6:15 | 7:59 |  |
| 13 | Fri | 12:50 | 3.7 | 1:16 | 3.7 | 6:48 | 0.7 | 7:14 | 1.0 | 6:16 | 7:57 |  |
| 14 | Sat | 1:32 | 3.5 | 2:03 | 3.7 | 7:31 | 0.9 | 8:05 | 1.1 | 6:17 | 7:56 |  |
| 15 | Sun | 2:19 | 3.3 | 2:55 | 3.8 | 8:17 | 0.9 | 9:00 | 1.2 | 6:18 | 7:55 |  |
| 16 | Mon | 3:12 | 3.2 | 3:52 | 3.9 | 9:06 | 0.9 | 9:57 | 1.2 | 6:19 | 7:54 |  |
| 17 | Tue | 4:10 | 3.2 | 4:49 | 4.1 | 9:59 | 0.8 | 10:55 | 1.1 | 6:20 | 7:52 |  |
| 18 | Wed | 5:08 | 3.3 | 5:45 | 4.4 | 10:55 | 0.7 | 11:53 | 0.9 | 6:20 | 7:51 |  |
| 19 | Thu | 6:03 | 3.4 | 6:38 | 4.7 | 11:51 | 0.4 | | | 6:21 | 7:50 |  |
| 20 | Fri | 6:57 | 3.7 | 7:29 | 4.9 | 12:47 | 0.5 | 12:46 | 0.1 | 6:22 | 7:48 |  |
| 21 | Sat | 7:48 | 4.0 | 8:20 | 5.2 | 1:38 | 0.2 | 1:40 | -0.3 | 6:23 | 7:47 |  |
| 22 | Sun | 8:39 | 4.2 | 9:09 | 5.3 | 2:27 | -0.1 | 2:32 | -0.5 | 6:24 | 7:46 |  |
| 23 | Mon | 9:30 | 4.5 | 9:59 | 5.2 | 3:14 | -0.4 | 3:24 | -0.7 | 6:25 | 7:44 |  |
| 24 | Tue | 10:21 | 4.6 | 10:48 | 5.1 | 4:01 | -0.5 | 4:16 | -0.7 | 6:26 | 7:43 |  |
| 25 | Wed | 11:13 | 4.7 | 11:37 | 4.8 | 4:49 | -0.5 | 5:10 | -0.5 | 6:26 | 7:42 |  |
| 26 | Thu | | | 12:05 | 4.7 | 5:38 | -0.5 | 6:07 | -0.3 | 6:27 | 7:40 |  |
| 27 | Fri | 12:28 | 4.4 | 12:59 | 4.6 | 6:29 | -0.3 | 7:07 | 0.0 | 6:28 | 7:39 |  |
| 28 | Sat | 1:21 | 4.0 | 1:57 | 4.5 | 7:23 | -0.1 | 8:10 | 0.3 | 6:29 | 7:37 |  |
| 29 | Sun | 2:18 | 3.6 | 2:59 | 4.3 | 8:19 | 0.1 | 9:15 | 0.5 | 6:30 | 7:36 |  |
| 30 | Mon | 3:21 | 3.3 | 4:06 | 4.2 | 9:18 | 0.3 | 10:23 | 0.7 | 6:31 | 7:34 |  |
| 31 | Tue | 4:28 | 3.2 | 5:13 | 4.2 | 10:19 | 0.4 | 11:30 | 0.7 | 6:31 | 7:33 |  |