

































Metompkin Inlet, VA - Aug 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:55	3.8	1:22	3.6	7:02	0.5	7:22	0.7	6:07	8:10	
2	Wed	1:40	3.5	2:12	3.5	7:45	0.6	8:15	1.0	6:07	8:09	
3	Thu	2:28	3.3	3:04	3.6	8:29	0.8	9:09	1.1	6:08	8:08	
4	Fri	3:20	3.1	4:00	3.6	9:16	0.9	10:05	1.2	6:09	8:07	
5	Sat	4:16	3.0	4:55	3.8	10:05	0.9	11:02	1.2	6:10	8:06	
6	Sun	5:11	3.0	5:48	4.0	10:56	0.8	11:57	1.1	6:11	8:05	
7	Mon	6:03	3.1	6:37	4.2	11:47	0.7			6:12	8:04	
8	Tue	6:52	3.3	7:24	4.4	12:47	0.9	12:37	0.5	6:13	8:02	
9	Wed	7:39	3.5	8:09	4.7	1:33	0.7	1:26	0.3	6:13	8:01	
10	Thu	8:25	3.7	8:54	4.8	2:17	0.4	2:12	0.1	6:14	8:00	
11	Fri	9:11	3.9	9:38	4.9	3:00	0.2	2:58	-0.1	6:15	7:59	
12	Sat	9:57	4.0	10:22	4.9	3:42	0.0	3:45	-0.2	6:16	7:58	
13	Sun	10:43	4.2	11:07	4.8	4:25	-0.1	4:33	-0.2	6:17	7:56	
14	Mon	11:31	4.3	11:53	4.6	5:09	-0.1	5:24	-0.1	6:18	7:55	
15	Tue			12:20	4.4	5:55	-0.1	6:19	0.1	6:19	7:54	
16	Wed	12:41	4.3	1:13	4.4	6:44	0.0	7:18	0.3	6:19	7:53	
17	Thu	1:33	4.0	2:09	4.4	7:36	0.1	8:20	0.4	6:20	7:51	
18	Fri	2:30	3.6	3:12	4.4	8:32	0.1	9:25	0.5	6:21	7:50	
19	Sat	3:33	3.4	4:18	4.4	9:30	0.2	10:33	0.6	6:22	7:49	
20	Sun	4:39	3.3	5:23	4.5	10:31	0.2	11:39	0.5	6:23	7:47	
21	Mon	5:43	3.3	6:24	4.6	11:33	0.1			6:24	7:46	
22	Tue	6:42	3.4	7:19	4.7	12:41	0.3	12:32	0.0	6:25	7:45	
23	Wed	7:36	3.5	8:08	4.7	1:35	0.2	1:27	-0.2	6:25	7:43	
24	Thu	8:25	3.7	8:55	4.7	2:22	0.1	2:17	-0.2	6:26	7:42	
25	Fri	9:10	3.8	9:38	4.6	3:04	0.0	3:03	-0.2	6:27	7:40	
26	Sat	9:54	3.9	10:19	4.5	3:43	0.0	3:47	-0.2	6:28	7:39	
27	Sun	10:37	4.0	10:59	4.3	4:21	0.1	4:30	0.0	6:29	7:38	
28	Mon	11:18	4.0	11:39	4.0	4:58	0.2	5:14	0.3	6:30	7:36	
29	Tue			12:00	4.0	5:36	0.4	5:58	0.6	6:30	7:35	
30	Wed	12:19	3.8	12:43	3.9	6:15	0.6	6:45	0.8	6:31	7:33	
31	Thu	1:01	3.5	1:29	3.8	6:57	0.9	7:35	1.1	6:32	7:32	