































## Metompkin Inlet, VA - Aug 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:07	3.4	6:46	4.9	12:02	0.5	11:56 AM	0.0	6:06	8:10	
2	Fri	7:05	3.5	7:42	5.2	1:02	0.2	12:55	-0.3	6:07	8:09	
3	Sat	8:01	3.7	8:37	5.3	1:58	-0.1	1:52	-0.6	6:08	8:08	
4	Sun	8:56	3.9	9:30	5.4	2:50	-0.3	2:47	-0.8	6:09	8:07	
5	Mon	9:51	4.1	10:22	5.3	3:40	-0.5	3:41	-0.8	6:10	8:06	
6	Tue	10:44	4.2	11:13	5.0	4:29	-0.5	4:36	-0.7	6:10	8:05	
7	Wed	11:37	4.2			5:18	-0.5	5:31	-0.5	6:11	8:04	
8	Thu	12:02	4.6	12:29	4.2	6:07	-0.3	6:29	-0.2	6:12	8:03	
9	Fri	12:52	4.2	1:23	4.1	6:57	-0.1	7:29	0.2	6:13	8:02	
10	Sat	1:43	3.7	2:19	4.0	7:47	0.1	8:31	0.5	6:14	8:01	
11	Sun	2:37	3.3	3:19	3.9	8:38	0.3	9:35	0.8	6:15	7:59	
12	Mon	3:36	3.0	4:21	3.9	9:31	0.5	10:41	0.9	6:16	7:58	
13	Tue	4:37	2.9	5:21	3.9	10:25	0.7	11:45	1.0	6:16	7:57	
14	Wed	5:36	2.8	6:15	4.0	11:20	0.7			6:17	7:56	
15	Thu	6:28	2.9	7:03	4.1	12:41	0.9	12:12	0.6	6:18	7:55	
16	Fri	7:14	3.1	7:46	4.2	1:26	0.8	1:00	0.5	6:19	7:53	
17	Sat	7:56	3.2	8:26	4.3	2:03	0.8	1:44	0.4	6:20	7:52	
18	Sun	8:37	3.4	9:06	4.4	2:38	0.7	2:25	0.3	6:21	7:51	
19	Mon	9:18	3.6	9:44	4.4	3:11	0.6	3:04	0.3	6:22	7:49	
20	Tue	9:58	3.7	10:21	4.4	3:45	0.5	3:43	0.3	6:22	7:48	
21	Wed	10:37	3.8	10:58	4.3	4:19	0.5	4:23	0.4	6:23	7:47	
22	Thu	11:16	3.9	11:35	4.2	4:54	0.5	5:05	0.5	6:24	7:45	
23	Fri	11:56	4.0			5:30	0.6	5:49	0.7	6:25	7:44	
24	Sat	12:14	4.0	12:38	4.1	6:09	0.6	6:38	0.8	6:26	7:43	
25	Sun	12:54	3.7	1:24	4.1	6:51	0.7	7:32	0.9	6:27	7:41	
26	Mon	1:41	3.5	2:17	4.2	7:39	0.7	8:31	1.0	6:27	7:40	
27	Tue	2:36	3.3	3:18	4.3	8:33	0.7	9:34	1.0	6:28	7:38	
28	Wed	3:39	3.2	4:24	4.5	9:32	0.6	10:39	0.9	6:29	7:37	
29	Thu	4:46	3.3	5:28	4.7	10:35	0.4	11:44	0.6	6:30	7:35	
30	Fri	5:50	3.4	6:29	4.9	11:39	0.1			6:31	7:34	
31	Sat	6:49	3.7	7:26	5.1	12:44	0.3	12:41	-0.2	6:32	7:33	