

































## Metompkin Inlet, VA - Aug 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:01	3.4	3:47	4.2	9:02	0.1	10:01	0.6	6:06	8:11	
2	Sat	4:04	3.1	4:51	4.2	9:57	0.2	11:09	0.6	6:07	8:10	
3	Sun	5:08	2.9	5:52	4.2	10:54	0.3			6:08	8:09	
4	Mon	6:07	2.9	6:47	4.3	12:15	0.6	11:51 AM	0.3	6:09	8:08	
5	Tue	7:00	3.0	7:36	4.3	1:12	0.6	12:45	0.2	6:09	8:07	
6	Wed	7:47	3.1	8:20	4.4	2:00	0.5	1:35	0.2	6:10	8:05	
7	Thu	8:31	3.2	9:02	4.4	2:39	0.4	2:19	0.1	6:11	8:04	
8	Fri	9:13	3.3	9:42	4.4	3:16	0.4	3:00	0.1	6:12	8:03	
9	Sat	9:54	3.4	10:20	4.3	3:50	0.4	3:41	0.1	6:13	8:02	
10	Sun	10:34	3.5	10:58	4.2	4:24	0.4	4:20	0.3	6:14	8:01	
11	Mon	11:14	3.6	11:35	4.1	4:58	0.5	5:01	0.4	6:14	8:00	
12	Tue	11:54	3.7			5:33	0.6	5:44	0.6	6:15	7:59	
13	Wed	12:13	3.9	12:35	3.7	6:09	0.7	6:29	0.9	6:16	7:57	
14	Thu	12:51	3.6	1:18	3.7	6:48	0.8	7:18	1.1	6:17	7:56	
15	Fri	1:33	3.4	2:05	3.8	7:29	0.9	8:11	1.2	6:18	7:55	
16	Sat	2:20	3.2	2:58	3.9	8:15	1.0	9:08	1.3	6:19	7:54	
17	Sun	3:14	3.1	3:57	4.0	9:06	0.9	10:08	1.2	6:20	7:52	
18	Mon	4:15	3.0	4:58	4.2	10:02	0.8	11:10	1.1	6:20	7:51	
19	Tue	5:17	3.1	5:57	4.5	11:02	0.6			6:21	7:50	
20	Wed	6:15	3.3	6:53	4.8	12:10	0.8	12:02	0.3	6:22	7:48	
21	Thu	7:10	3.6	7:46	5.1	1:07	0.5	1:00	-0.1	6:23	7:47	
22	Fri	8:04	3.9	8:38	5.3	1:58	0.1	1:55	-0.4	6:24	7:46	
23	Sat	8:57	4.2	9:28	5.3	2:47	-0.2	2:49	-0.7	6:25	7:44	
24	Sun	9:49	4.4	10:18	5.2	3:33	-0.4	3:42	-0.7	6:26	7:43	
25	Mon	10:40	4.6	11:07	4.9	4:19	-0.5	4:36	-0.6	6:26	7:41	
26	Tue	11:32	4.7	11:56	4.5	5:06	-0.5	5:31	-0.4	6:27	7:40	
27	Wed			12:24	4.7	5:54	-0.3	6:30	-0.1	6:28	7:39	
28	Thu	12:46	4.1	1:18	4.6	6:44	-0.1	7:31	0.3	6:29	7:37	
29	Fri	1:38	3.6	2:16	4.4	7:37	0.1	8:35	0.6	6:30	7:36	
30	Sat	2:36	3.2	3:20	4.2	8:33	0.4	9:43	0.8	6:31	7:34	
31	Sun	3:41	3.0	4:28	4.1	9:32	0.6	10:54	0.9	6:31	7:33	