

































Metompkin Inlet, VA - Aug 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:16	3.9	12:39	3.6	6:19	0.5	6:34	0.6	6:07	8:10	
2	Mon	12:57	3.6	1:23	3.6	6:58	0.7	7:24	0.9	6:07	8:09	
3	Tue	1:39	3.3	2:11	3.6	7:39	0.8	8:16	1.1	6:08	8:08	
4	Wed	2:26	3.1	3:03	3.6	8:22	0.9	9:11	1.3	6:09	8:07	
5	Thu	3:18	2.9	3:59	3.7	9:08	1.0	10:08	1.3	6:10	8:06	
6	Fri	4:14	2.8	4:56	3.8	9:59	1.0	11:06	1.3	6:11	8:05	
7	Sat	5:12	2.9	5:51	4.1	10:53	0.9			6:12	8:04	
8	Sun	6:06	3.0	6:42	4.3	12:03	1.1	11:47 AM	0.7	6:13	8:02	
9	Mon	6:57	3.2	7:31	4.6	12:56	0.9	12:41	0.4	6:13	8:01	
10	Tue	7:45	3.4	8:18	4.8	1:43	0.6	1:32	0.2	6:14	8:00	
11	Wed	8:33	3.6	9:04	5.0	2:28	0.4	2:21	-0.1	6:15	7:59	
12	Thu	9:21	3.9	9:50	5.0	3:11	0.1	3:09	-0.3	6:16	7:58	
13	Fri	10:09	4.1	10:36	5.0	3:54	-0.1	3:58	-0.4	6:17	7:56	
14	Sat	10:57	4.3	11:21	4.8	4:38	-0.2	4:49	-0.3	6:18	7:55	
15	Sun	11:47	4.5			5:22	-0.2	5:44	-0.1	6:19	7:54	
16	Mon	12:08	4.4	12:37	4.5	6:09	-0.2	6:41	0.1	6:19	7:53	
17	Tue	12:57	4.1	1:32	4.5	6:58	0.0	7:43	0.3	6:20	7:51	
18	Wed	1:50	3.6	2:31	4.5	7:50	0.1	8:48	0.6	6:21	7:50	
19	Thu	2:50	3.3	3:36	4.4	8:47	0.2	9:56	0.7	6:22	7:49	
20	Fri	3:55	3.1	4:44	4.4	9:47	0.3	11:06	0.7	6:23	7:47	
21	Sat	5:04	3.0	5:51	4.4	10:50	0.3			6:24	7:46	
22	Sun	6:08	3.0	6:50	4.5	12:14	0.7	11:53 AM	0.3	6:25	7:45	
23	Mon	7:04	3.2	7:41	4.5	1:12	0.6	12:52	0.1	6:25	7:43	
24	Tue	7:54	3.4	8:27	4.5	1:59	0.4	1:44	0.0	6:26	7:42	
25	Wed	8:39	3.5	9:09	4.5	2:40	0.3	2:30	0.0	6:27	7:40	
26	Thu	9:21	3.7	9:48	4.4	3:16	0.3	3:13	0.0	6:28	7:39	
27	Fri	10:02	3.8	10:26	4.3	3:50	0.3	3:54	0.1	6:29	7:38	
28	Sat	10:42	3.9	11:03	4.1	4:24	0.3	4:35	0.3	6:30	7:36	
29	Sun	11:21	4.0	11:41	3.9	4:58	0.5	5:17	0.5	6:30	7:35	
30	Mon			12:01	4.0	5:33	0.6	6:00	0.8	6:31	7:33	
31	Tue	12:19	3.6	12:43	3.9	6:09	0.8	6:47	1.0	6:32	7:32	