
































## Metompkin Inlet, VA - Aug 2067

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:34	3.7	2:14	4.2	7:38	-0.1	8:26	0.4	6:06	8:11	
2	Tue	2:29	3.3	3:15	4.0	8:31	0.1	9:31	0.7	6:07	8:10	
3	Wed	3:29	3.0	4:20	4.0	9:27	0.3	10:38	0.8	6:08	8:09	
4	Thu	4:32	2.9	5:23	4.0	10:24	0.4	11:44	0.9	6:09	8:08	
5	Fri	5:33	2.9	6:18	4.0	11:20	0.5			6:09	8:06	
6	Sat	6:26	2.9	7:05	4.1	12:40	0.8	12:14	0.4	6:10	8:05	
7	Sun	7:13	3.1	7:47	4.2	1:26	0.7	1:03	0.4	6:11	8:04	
8	Mon	7:56	3.3	8:26	4.3	2:03	0.6	1:46	0.3	6:12	8:03	
9	Tue	8:37	3.4	9:05	4.3	2:36	0.5	2:27	0.2	6:13	8:02	
10	Wed	9:18	3.6	9:42	4.3	3:09	0.5	3:07	0.2	6:14	8:01	
11	Thu	9:58	3.8	10:19	4.3	3:42	0.4	3:45	0.3	6:15	8:00	
12	Fri	10:37	3.9	10:56	4.1	4:15	0.4	4:25	0.4	6:15	7:58	
13	Sat	11:16	4.0	11:33	4.0	4:50	0.4	5:06	0.5	6:16	7:57	
14	Sun	11:56	4.0			5:26	0.5	5:49	0.7	6:17	7:56	
15	Mon	12:11	3.8	12:37	4.0	6:04	0.6	6:37	0.9	6:18	7:55	
16	Tue	12:51	3.6	1:23	4.1	6:47	0.7	7:29	1.0	6:19	7:54	
17	Wed	1:36	3.4	2:15	4.1	7:35	0.7	8:27	1.1	6:20	7:52	
18	Thu	2:30	3.3	3:15	4.2	8:29	0.7	9:28	1.1	6:21	7:51	
19	Fri	3:32	3.2	4:20	4.4	9:28	0.6	10:32	0.9	6:21	7:50	
20	Sat	4:38	3.3	5:23	4.6	10:30	0.3	11:34	0.7	6:22	7:48	
21	Sun	5:42	3.5	6:22	4.8	11:34	0.1			6:23	7:47	
22	Mon	6:41	3.8	7:18	5.0	12:33	0.3	12:35	-0.3	6:24	7:46	
23	Tue	7:37	4.1	8:11	5.2	1:27	0.0	1:33	-0.6	6:25	7:44	
24	Wed	8:32	4.4	9:02	5.1	2:17	-0.4	2:29	-0.8	6:26	7:43	
25	Thu	9:24	4.7	9:52	5.0	3:05	-0.6	3:22	-0.8	6:27	7:41	
26	Fri	10:16	4.9	10:40	4.7	3:51	-0.7	4:15	-0.7	6:27	7:40	
27	Sat	11:06	4.9	11:28	4.4	4:37	-0.6	5:08	-0.5	6:28	7:39	
28	Sun	11:57	4.8			5:24	-0.4	6:03	-0.1	6:29	7:37	
29	Mon	12:17	4.0	12:48	4.6	6:13	-0.2	7:00	0.3	6:30	7:36	
30	Tue	1:06	3.6	1:43	4.3	7:05	0.1	8:00	0.6	6:31	7:34	
31	Wed	1:59	3.3	2:41	4.1	7:59	0.4	9:03	0.9	6:32	7:33	