

































Metompkin Inlet, VA - Aug 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:47	3.6	8:17	4.7	1:39	0.5	1:35	0.1	6:07	8:10	
2	Fri	8:33	3.8	9:01	4.8	2:23	0.3	2:22	-0.1	6:07	8:09	
3	Sat	9:20	4.0	9:46	4.9	3:05	0.0	3:09	-0.2	6:08	8:08	
4	Sun	10:06	4.2	10:31	4.9	3:48	-0.1	3:57	-0.3	6:09	8:07	
5	Mon	10:54	4.4	11:16	4.7	4:31	-0.2	4:46	-0.3	6:10	8:06	
6	Tue	11:42	4.5			5:16	-0.3	5:39	-0.1	6:11	8:05	
7	Wed	12:03	4.5	12:33	4.5	6:04	-0.2	6:35	0.1	6:12	8:04	
8	Thu	12:52	4.1	1:27	4.5	6:54	-0.2	7:34	0.3	6:12	8:03	
9	Fri	1:45	3.8	2:25	4.4	7:48	0.0	8:37	0.5	6:13	8:01	
10	Sat	2:44	3.5	3:30	4.4	8:46	0.0	9:43	0.5	6:14	8:00	
11	Sun	3:48	3.3	4:36	4.4	9:46	0.1	10:50	0.5	6:15	7:59	
12	Mon	4:55	3.3	5:41	4.4	10:48	0.1	11:55	0.4	6:16	7:58	
13	Tue	5:58	3.3	6:39	4.5	11:50	0.0			6:17	7:57	
14	Wed	6:56	3.5	7:31	4.6	12:54	0.3	12:48	-0.1	6:18	7:55	
15	Thu	7:47	3.6	8:19	4.6	1:44	0.1	1:41	-0.2	6:18	7:54	
16	Fri	8:35	3.8	9:03	4.5	2:29	0.0	2:29	-0.3	6:19	7:53	
17	Sat	9:20	3.9	9:45	4.4	3:09	-0.1	3:14	-0.2	6:20	7:52	
18	Sun	10:03	4.0	10:25	4.3	3:47	0.0	3:57	-0.1	6:21	7:50	
19	Mon	10:45	4.0	11:05	4.1	4:24	0.0	4:39	0.1	6:22	7:49	
20	Tue	11:26	4.0	11:44	3.9	5:01	0.2	5:22	0.4	6:23	7:48	
21	Wed			12:08	4.0	5:40	0.4	6:07	0.6	6:24	7:46	
22	Thu	12:25	3.7	12:51	3.9	6:20	0.6	6:54	0.9	6:24	7:45	
23	Fri	1:07	3.4	1:38	3.8	7:03	0.8	7:44	1.2	6:25	7:43	
24	Sat	1:53	3.2	2:29	3.8	7:49	0.9	8:37	1.3	6:26	7:42	
25	Sun	2:45	3.1	3:26	3.8	8:39	1.0	9:33	1.4	6:27	7:41	
26	Mon	3:42	3.1	4:25	3.9	9:33	1.0	10:29	1.4	6:28	7:39	
27	Tue	4:41	3.1	5:21	4.1	10:28	0.9	11:25	1.2	6:29	7:38	
28	Wed	5:37	3.3	6:13	4.3	11:24	0.7			6:29	7:36	
29	Thu	6:29	3.6	7:01	4.6	12:17	0.9	12:19	0.4	6:30	7:35	
30	Fri	7:18	3.9	7:48	4.8	1:05	0.6	1:11	0.1	6:31	7:33	
31	Sat	8:06	4.3	8:34	4.9	1:50	0.2	2:01	-0.2	6:32	7:32	