

Metompkin Inlet, VA - Aug 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:59	3.5	4:45	4.5	9:58	0.0	10:56	0.5	6:06	8:10	
2	Sat	5:04	3.5	5:47	4.7	10:59	-0.1	11:59	0.2	6:07	8:09	
3	Sun	6:06	3.6	6:46	4.9			12:00	-0.3	6:08	8:08	
4	Mon	7:05	3.7	7:41	5.0	12:59	0.0	12:59	-0.5	6:09	8:07	
5	Tue	8:01	3.9	8:34	5.0	1:54	-0.3	1:55	-0.7	6:10	8:06	
6	Wed	8:54	4.0	9:24	5.0	2:44	-0.4	2:48	-0.8	6:11	8:05	
7	Thu	9:45	4.2	10:12	4.8	3:31	-0.5	3:39	-0.7	6:11	8:04	
8	Fri	10:34	4.2	10:58	4.6	4:16	-0.5	4:29	-0.5	6:12	8:03	
9	Sat	11:22	4.2	11:43	4.3	5:01	-0.4	5:18	-0.2	6:13	8:02	
10	Sun			12:09	4.1	5:45	-0.2	6:08	0.1	6:14	8:01	
11	Mon	12:27	3.9	12:56	4.0	6:30	0.1	7:00	0.5	6:15	7:59	
12	Tue	1:13	3.6	1:45	3.8	7:16	0.4	7:54	0.8	6:16	7:58	
13	Wed	2:00	3.3	2:38	3.7	8:03	0.6	8:49	1.0	6:17	7:57	
14	Thu	2:53	3.1	3:35	3.7	8:52	0.8	9:46	1.2	6:17	7:56	
15	Fri	3:49	3.0	4:33	3.7	9:44	0.9	10:43	1.2	6:18	7:54	
16	Sat	4:47	3.0	5:29	3.9	10:36	0.9	11:38	1.2	6:19	7:53	
17	Sun	5:42	3.1	6:19	4.0	11:29	0.8			6:20	7:52	
18	Mon	6:32	3.3	7:04	4.2	12:27	1.0	12:19	0.6	6:21	7:51	
19	Tue	7:18	3.5	7:47	4.4	1:11	0.8	1:07	0.4	6:22	7:49	
20	Wed	8:02	3.7	8:29	4.6	1:51	0.6	1:52	0.3	6:23	7:48	
21	Thu	8:45	4.0	9:10	4.7	2:30	0.4	2:35	0.1	6:23	7:47	
22	Fri	9:28	4.2	9:51	4.7	3:09	0.2	3:18	0.0	6:24	7:45	
23	Sat	10:11	4.3	10:32	4.6	3:48	0.1	4:02	0.0	6:25	7:44	
24	Sun	10:55	4.5	11:15	4.5	4:28	0.0	4:49	0.1	6:26	7:42	
25	Mon	11:40	4.6	11:59	4.3	5:11	0.1	5:38	0.2	6:27	7:41	
26	Tue			12:28	4.6	5:56	0.1	6:32	0.4	6:28	7:40	
27	Wed	12:46	4.0	1:20	4.5	6:46	0.2	7:30	0.5	6:28	7:38	
28	Thu	1:39	3.8	2:18	4.5	7:41	0.2	8:32	0.6	6:29	7:37	
29	Fri	2:38	3.6	3:22	4.5	8:39	0.3	9:36	0.7	6:30	7:35	
30	Sat	3:44	3.4	4:29	4.5	9:42	0.3	10:42	0.6	6:31	7:34	
31	Sun	4:52	3.5	5:34	4.6	10:46	0.1	11:45	0.4	6:32	7:32	