US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2075

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**12:34**	4.3	**1:02**	3.9	**6:42**	-0.1	**7:03**	0.1	6:06	8:10	
2	Fri	**1:23**	3.9	**1:56**	3.8	**7:31**	0.1	**8:02**	0.5	6:07	8:10	
3	Sat	**2:14**	3.5	**2:52**	3.7	**8:20**	0.3	**9:02**	0.7	6:08	8:09	
4	Sun	**3:08**	3.2	**3:50**	3.7	**9:09**	0.5	**10:03**	0.9	6:09	8:07	
5	Mon	**4:05**	3.0	**4:48**	3.8	**9:59**	0.7	**11:04**	1.0	6:10	8:06	
6	Tue	**5:03**	2.9	**5:43**	3.9	**10:50**	0.7			6:10	8:05	
7	Wed	**5:56**	2.9	**6:31**	4.0	**12:01**	1.0	**11:41 AM**	0.7	6:11	8:04	
8	Thu	**6:44**	3.0	**7:16**	4.1	**12:51**	0.9	**12:30**	0.6	6:12	8:03	
9	Fri	**7:29**	3.2	**7:59**	4.3	**1:33**	0.8	**1:15**	0.5	6:13	8:02	
10	Sat	**8:12**	3.3	**8:40**	4.4	**2:11**	0.7	**1:58**	0.3	6:14	8:01	
11	Sun	**8:54**	3.5	**9:21**	4.5	**2:48**	0.6	**2:39**	0.3	6:15	8:00	
12	Mon	**9:35**	3.6	**10:00**	4.6	**3:24**	0.5	**3:20**	0.2	6:16	7:58	
13	Tue	**10:16**	3.8	**10:39**	4.5	**4:01**	0.4	**4:01**	0.2	6:16	7:57	
14	Wed	**10:57**	3.9	**11:18**	4.4	**4:38**	0.4	**4:43**	0.3	6:17	7:56	
15	Thu	**11:39**	4.0	**11:58**	4.3	**5:17**	0.4	**5:28**	0.4	6:18	7:55	
16	Fri			**12:22**	4.1	**5:57**	0.4	**6:18**	0.5	6:19	7:53	
17	Sat	**12:40**	4.1	**1:09**	4.1	**6:41**	0.4	**7:12**	0.7	6:20	7:52	
18	Sun	**1:27**	3.8	**2:01**	4.2	**7:29**	0.5	**8:11**	0.7	6:21	7:51	
19	Mon	**2:20**	3.6	**3:00**	4.3	**8:21**	0.4	**9:13**	0.8	6:21	7:50	
20	Tue	**3:21**	3.4	**4:05**	4.4	**9:19**	0.4	**10:18**	0.7	6:22	7:48	
21	Wed	**4:26**	3.4	**5:09**	4.6	**10:19**	0.3	**11:24**	0.5	6:23	7:47	
22	Thu	**5:31**	3.4	**6:11**	4.8	**11:22**	0.0			6:24	7:45	
23	Fri	**6:32**	3.6	**7:09**	5.0	**12:27**	0.3	**12:24**	-0.2	6:25	7:44	
24	Sat	**7:29**	3.8	**8:04**	5.1	**1:24**	0.0	**1:22**	-0.5	6:26	7:43	
25	Sun	**8:23**	4.0	**8:56**	5.1	**2:16**	-0.2	**2:18**	-0.6	6:27	7:41	
26	Mon	**9:16**	4.2	**9:45**	5.0	**3:04**	-0.4	**3:10**	-0.7	6:27	7:40	
27	Tue	**10:06**	4.3	**10:33**	4.8	**3:50**	-0.4	**4:01**	-0.6	6:28	7:38	
28	Wed	**10:54**	4.4	**11:19**	4.5	**4:34**	-0.3	**4:51**	-0.4	6:29	7:37	
29	Thu	**11:42**	4.3			**5:18**	-0.2	**5:42**	-0.1	6:30	7:36	
30	Fri	**12:04**	4.1	**12:29**	4.2	**6:03**	0.1	**6:34**	0.3	6:31	7:34	
31	Sat	**12:49**	3.8	**1:17**	4.1	**6:48**	0.4	**7:29**	0.7	6:32	7:33	