US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Aug 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:13	3.4	10:37	4.3	4:04	0.4	3:56	0.2	6:07	8:10	
2	Sun	10:53	3.5	11:15	4.2	4:40	0.5	4:36	0.4	6:08	8:09	
3	Mon	11:34	3.6	11:53	4.1	5:16	0.5	5:18	0.5	6:08	8:08	
4	Tue			12:14	3.6	5:53	0.6	6:02	0.7	6:09	8:07	
5	Wed	12:32	3.9	12:56	3.7	6:32	0.7	6:50	0.9	6:10	8:06	
6	Thu	1:12	3.7	1:41	3.8	7:13	0.7	7:42	1.0	6:11	8:05	
7	Fri	1:57	3.5	2:32	3.9	7:57	0.7	8:38	1.0	6:12	8:03	
8	Sat	2:48	3.3	3:29	4.0	8:47	0.7	9:38	1.0	6:13	8:02	
9	Sun	3:47	3.2	4:30	4.3	9:41	0.6	10:41	0.9	6:14	8:01	
10	Mon	4:49	3.3	5:31	4.5	10:39	0.4	11:43	0.6	6:14	8:00	
11	Tue	5:50	3.4	6:29	4.8	11:39	0.1			6:15	7:59	
12	Wed	6:48	3.6	7:25	5.1	12:44	0.3	12:38	-0.2	6:16	7:58	
13	Thu	7:44	3.8	8:20	5.3	1:39	0.0	1:36	-0.5	6:17	7:56	
14	Fri	8:39	4.0	9:13	5.4	2:32	-0.3	2:31	-0.7	6:18	7:55	
15	Sat	9:33	4.2	10:04	5.3	3:21	-0.5	3:25	-0.8	6:19	7:54	
16	Sun	10:26	4.4	10:54	5.1	4:09	-0.6	4:19	-0.8	6:20	7:52	
17	Mon	11:18	4.5	11:44	4.7	4:57	-0.5	5:14	-0.6	6:20	7:51	
18	Tue			12:10	4.5	5:46	-0.4	6:11	-0.2	6:21	7:50	
19	Wed	12:33	4.3	1:03	4.4	6:35	-0.2	7:10	0.1	6:22	7:49	
20	Thu	1:24	3.8	1:59	4.2	7:26	0.1	8:12	0.5	6:23	7:47	
21	Fri	2:18	3.4	2:58	4.1	8:19	0.3	9:16	0.7	6:24	7:46	
22	Sat	3:17	3.1	4:01	4.0	9:13	0.5	10:23	0.9	6:25	7:44	
23	Sun	4:21	2.9	5:05	4.0	10:09	0.7	11:29	1.0	6:26	7:43	
24	Mon	5:23	2.9	6:02	4.0	11:06	0.7			6:26	7:42	
25	Tue	6:17	3.0	6:51	4.1	12:27	0.9	12:01	0.7	6:27	7:40	
26	Wed	7:03	3.1	7:35	4.2	1:13	0.9	12:50	0.6	6:28	7:39	
27	Thu	7:45	3.3	8:15	4.3	1:51	0.8	1:34	0.4	6:29	7:37	
28	Fri	8:26	3.5	8:53	4.4	2:25	0.7	2:15	0.3	6:30	7:36	
29	Sat	9:06	3.7	9:31	4.4	2:58	0.6	2:55	0.3	6:31	7:35	
30	Sun	9:45	3.8	10:08	4.4	3:30	0.5	3:33	0.3	6:31	7:33	
31	Mon	10:24	4.0	10:45	4.3	4:04	0.5	4:13	0.4	6:32	7:32	