

Metompkin Inlet, VA - Aug 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:48	3.5	3:32	4.3	8:49	0.1	9:46	0.6	6:06	8:10	
2	Tue	3:50	3.2	4:37	4.4	9:46	0.1	10:53	0.6	6:07	8:09	
3	Wed	4:55	3.1	5:41	4.5	10:45	0.1			6:08	8:08	
4	Thu	5:59	3.1	6:41	4.7	12:01	0.5	11:46 AM	0.0	6:09	8:07	
5	Fri	6:57	3.2	7:36	4.7	1:03	0.3	12:46	-0.1	6:10	8:06	
6	Sat	7:51	3.3	8:28	4.8	1:57	0.2	1:41	-0.2	6:11	8:05	
7	Sun	8:42	3.4	9:15	4.7	2:45	0.1	2:32	-0.3	6:11	8:04	
8	Mon	9:30	3.5	10:00	4.6	3:28	0.0	3:19	-0.3	6:12	8:03	
9	Tue	10:16	3.6	10:42	4.5	4:08	0.0	4:05	-0.2	6:13	8:02	
10	Wed	10:59	3.7	11:23	4.2	4:47	0.1	4:50	0.0	6:14	8:00	
11	Thu	11:42	3.7			5:25	0.3	5:35	0.3	6:15	7:59	
12	Fri	12:03	4.0	12:25	3.7	6:03	0.4	6:22	0.6	6:16	7:58	
13	Sat	12:43	3.7	1:09	3.7	6:42	0.6	7:11	0.9	6:17	7:57	
14	Sun	1:25	3.4	1:55	3.7	7:23	0.8	8:03	1.1	6:17	7:56	
15	Mon	2:11	3.1	2:47	3.7	8:06	1.0	8:57	1.3	6:18	7:54	
16	Tue	3:03	2.9	3:43	3.7	8:54	1.1	9:54	1.4	6:19	7:53	
17	Wed	4:00	2.8	4:42	3.8	9:45	1.1	10:53	1.4	6:20	7:52	
18	Thu	4:59	2.9	5:38	4.0	10:40	1.0	11:50	1.2	6:21	7:51	
19	Fri	5:54	3.0	6:31	4.3	11:35	0.8			6:22	7:49	
20	Sat	6:45	3.2	7:19	4.5	12:43	1.0	12:29	0.6	6:23	7:48	
21	Sun	7:33	3.5	8:05	4.8	1:30	0.8	1:20	0.3	6:23	7:46	
22	Mon	8:20	3.7	8:50	4.9	2:13	0.5	2:08	0.0	6:24	7:45	
23	Tue	9:07	4.0	9:35	5.0	2:55	0.2	2:56	-0.2	6:25	7:44	
24	Wed	9:53	4.2	10:19	4.9	3:37	0.0	3:44	-0.3	6:26	7:42	
25	Thu	10:41	4.5	11:04	4.8	4:19	-0.1	4:34	-0.3	6:27	7:41	
26	Fri	11:29	4.6	11:50	4.5	5:02	-0.2	5:26	-0.1	6:28	7:40	
27	Sat			12:18	4.7	5:48	-0.1	6:23	0.1	6:29	7:38	
28	Sun	12:39	4.1	1:11	4.7	6:37	0.0	7:23	0.3	6:29	7:37	
29	Mon	1:31	3.7	2:09	4.6	7:29	0.2	8:27	0.6	6:30	7:35	
30	Tue	2:29	3.4	3:13	4.5	8:26	0.3	9:35	0.7	6:31	7:34	
31	Wed	3:35	3.1	4:23	4.4	9:28	0.4	10:45	0.8	6:32	7:32	