

## Metompkin Inlet, VA - Aug 2080

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu | 9:36  | 3.3 | 10:03 | 4.4 | 3:33  | 0.6  | 3:20     | 0.2  | 6:07                                                                                | 8:10 |    |
| 2    | Fri | 10:16 | 3.5 | 10:40 | 4.3 | 4:06  | 0.5  | 3:59     | 0.3  | 6:08                                                                                | 8:09 |    |
| 3    | Sat | 10:56 | 3.6 | 11:16 | 4.2 | 4:40  | 0.5  | 4:39     | 0.4  | 6:09                                                                                | 8:08 |    |
| 4    | Sun | 11:35 | 3.7 | 11:53 | 4.0 | 5:15  | 0.5  | 5:21     | 0.6  | 6:09                                                                                | 8:07 |    |
| 5    | Mon |       |     | 12:15 | 3.8 | 5:51  | 0.6  | 6:06     | 0.7  | 6:10                                                                                | 8:06 |    |
| 6    | Tue | 12:30 | 3.8 | 12:57 | 3.9 | 6:28  | 0.6  | 6:56     | 0.9  | 6:11                                                                                | 8:04 |    |
| 7    | Wed | 1:11  | 3.6 | 1:44  | 4.0 | 7:10  | 0.7  | 7:51     | 1.0  | 6:12                                                                                | 8:03 |    |
| 8    | Thu | 1:57  | 3.4 | 2:37  | 4.1 | 7:56  | 0.7  | 8:50     | 1.0  | 6:13                                                                                | 8:02 |    |
| 9    | Fri | 2:53  | 3.2 | 3:38  | 4.2 | 8:49  | 0.6  | 9:54     | 1.0  | 6:14                                                                                | 8:01 |    |
| 10   | Sat | 3:56  | 3.1 | 4:43  | 4.4 | 9:48  | 0.5  | 11:00    | 0.9  | 6:14                                                                                | 8:00 |    |
| 11   | Sun | 5:02  | 3.1 | 5:47  | 4.7 | 10:50 | 0.3  |          |      | 6:15                                                                                | 7:59 |    |
| 12   | Mon | 6:05  | 3.3 | 6:48  | 4.9 | 12:05 | 0.6  | 11:54 AM | 0.0  | 6:16                                                                                | 7:57 |   |
| 13   | Tue | 7:05  | 3.5 | 7:44  | 5.1 | 1:05  | 0.3  | 12:56    | -0.3 | 6:17                                                                                | 7:56 |  |
| 14   | Wed | 8:02  | 3.8 | 8:38  | 5.2 | 1:59  | 0.0  | 1:54     | -0.6 | 6:18                                                                                | 7:55 |  |
| 15   | Thu | 8:56  | 4.0 | 9:30  | 5.2 | 2:49  | -0.3 | 2:49     | -0.8 | 6:19                                                                                | 7:54 |  |
| 16   | Fri | 9:49  | 4.3 | 10:19 | 5.0 | 3:36  | -0.4 | 3:43     | -0.8 | 6:20                                                                                | 7:52 |  |
| 17   | Sat | 10:41 | 4.4 | 11:07 | 4.7 | 4:22  | -0.5 | 4:36     | -0.6 | 6:20                                                                                | 7:51 |  |
| 18   | Sun | 11:31 | 4.5 | 11:54 | 4.3 | 5:07  | -0.4 | 5:30     | -0.3 | 6:21                                                                                | 7:50 |  |
| 19   | Mon |       |     | 12:21 | 4.5 | 5:53  | -0.2 | 6:26     | 0.0  | 6:22                                                                                | 7:48 |  |
| 20   | Tue | 12:41 | 3.9 | 1:12  | 4.3 | 6:39  | 0.0  | 7:24     | 0.4  | 6:23                                                                                | 7:47 |  |
| 21   | Wed | 1:30  | 3.5 | 2:06  | 4.1 | 7:28  | 0.3  | 8:25     | 0.8  | 6:24                                                                                | 7:46 |  |
| 22   | Thu | 2:22  | 3.1 | 3:04  | 4.0 | 8:19  | 0.6  | 9:29     | 1.0  | 6:25                                                                                | 7:44 |  |
| 23   | Fri | 3:21  | 2.8 | 4:09  | 3.9 | 9:14  | 0.8  | 10:36    | 1.2  | 6:26                                                                                | 7:43 |  |
| 24   | Sat | 4:25  | 2.7 | 5:13  | 3.9 | 10:11 | 0.9  | 11:42    | 1.2  | 6:26                                                                                | 7:42 |  |
| 25   | Sun | 5:27  | 2.8 | 6:10  | 3.9 | 11:09 | 0.9  |          |      | 6:27                                                                                | 7:40 |  |
| 26   | Mon | 6:20  | 2.9 | 6:58  | 4.1 | 12:37 | 1.2  | 12:04    | 0.8  | 6:28                                                                                | 7:39 |  |
| 27   | Tue | 7:06  | 3.1 | 7:40  | 4.2 | 1:19  | 1.1  | 12:53    | 0.6  | 6:29                                                                                | 7:37 |  |
| 28   | Wed | 7:48  | 3.3 | 8:19  | 4.3 | 1:54  | 0.9  | 1:37     | 0.5  | 6:30                                                                                | 7:36 |  |
| 29   | Thu | 8:29  | 3.6 | 8:56  | 4.4 | 2:26  | 0.8  | 2:18     | 0.4  | 6:31                                                                                | 7:34 |  |
| 30   | Fri | 9:08  | 3.8 | 9:33  | 4.4 | 2:57  | 0.6  | 2:57     | 0.3  | 6:31                                                                                | 7:33 |  |
| 31   | Sat | 9:47  | 4.0 | 10:09 | 4.3 | 3:29  | 0.5  | 3:36     | 0.3  | 6:32                                                                                | 7:32 |  |