

Metompkin Inlet, VA - Aug 2087

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:00	3.9	11:21	4.3	4:42	-0.2	4:53	-0.2	6:06	8:10	
2	Sat	11:44	3.9			5:23	-0.1	5:40	0.1	6:07	8:09	
3	Sun	12:03	4.0	12:29	3.9	6:04	0.2	6:28	0.5	6:08	8:08	
4	Mon	12:45	3.7	1:14	3.8	6:46	0.4	7:18	0.8	6:09	8:07	
5	Tue	1:29	3.4	2:03	3.7	7:30	0.6	8:10	1.0	6:10	8:06	
6	Wed	2:17	3.1	2:56	3.7	8:16	0.8	9:04	1.2	6:10	8:05	
7	Thu	3:09	3.0	3:53	3.7	9:05	0.9	10:00	1.3	6:11	8:04	
8	Fri	4:06	2.9	4:51	3.8	9:57	0.9	10:57	1.3	6:12	8:03	
9	Sat	5:03	3.0	5:45	4.0	10:50	0.8	11:51	1.2	6:13	8:02	
10	Sun	5:57	3.1	6:34	4.2	11:43	0.7			6:14	8:01	
11	Mon	6:47	3.3	7:20	4.4	12:41	0.9	12:34	0.5	6:15	8:00	
12	Tue	7:34	3.6	8:04	4.6	1:26	0.7	1:23	0.2	6:16	7:58	
13	Wed	8:20	3.8	8:47	4.8	2:08	0.4	2:10	0.0	6:16	7:57	
14	Thu	9:05	4.1	9:31	4.8	2:50	0.2	2:56	-0.1	6:17	7:56	
15	Fri	9:50	4.3	10:14	4.8	3:31	0.0	3:42	-0.2	6:18	7:55	
16	Sat	10:36	4.5	10:58	4.7	4:12	-0.2	4:30	-0.2	6:19	7:53	
17	Sun	11:24	4.6	11:44	4.4	4:56	-0.2	5:21	-0.1	6:20	7:52	
18	Mon			12:13	4.7	5:42	-0.2	6:16	0.1	6:21	7:51	
19	Tue	12:32	4.1	1:05	4.6	6:31	-0.1	7:14	0.3	6:22	7:49	
20	Wed	1:24	3.8	2:03	4.5	7:25	0.0	8:16	0.5	6:22	7:48	
21	Thu	2:21	3.5	3:06	4.4	8:23	0.1	9:21	0.6	6:23	7:47	
22	Fri	3:25	3.3	4:13	4.4	9:24	0.2	10:28	0.6	6:24	7:45	
23	Sat	4:34	3.3	5:20	4.4	10:28	0.2	11:34	0.5	6:25	7:44	
24	Sun	5:40	3.4	6:21	4.5	11:31	0.1			6:26	7:43	
25	Mon	6:39	3.5	7:15	4.6	12:34	0.4	12:32	-0.1	6:27	7:41	
26	Tue	7:32	3.7	8:03	4.6	1:26	0.2	1:27	-0.2	6:28	7:40	
27	Wed	8:20	3.9	8:48	4.5	2:11	0.0	2:16	-0.3	6:28	7:38	
28	Thu	9:05	4.1	9:30	4.4	2:52	-0.1	3:02	-0.2	6:29	7:37	
29	Fri	9:48	4.2	10:10	4.3	3:30	-0.1	3:45	-0.1	6:30	7:35	
30	Sat	10:30	4.2	10:50	4.1	4:08	0.0	4:28	0.1	6:31	7:34	
31	Sun	11:11	4.2	11:30	3.9	4:45	0.2	5:10	0.3	6:32	7:33	