

Metompkin Inlet, VA - Aug 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:06	4.3	1:41	4.3	7:12	-0.3	7:46	0.1	6:06	8:10	
2	Wed	2:01	3.9	2:41	4.2	8:07	-0.2	8:50	0.3	6:07	8:09	
3	Thu	3:00	3.5	3:45	4.1	9:03	0.0	9:56	0.5	6:08	8:08	
4	Fri	4:03	3.3	4:51	4.1	10:01	0.1	11:03	0.5	6:09	8:07	
5	Sat	5:07	3.2	5:51	4.2	10:59	0.2			6:10	8:06	
6	Sun	6:06	3.1	6:45	4.2	12:07	0.5	11:56 AM	0.2	6:11	8:05	
7	Mon	6:58	3.2	7:32	4.3	1:02	0.4	12:49	0.1	6:12	8:04	
8	Tue	7:45	3.3	8:15	4.3	1:49	0.4	1:37	0.1	6:12	8:03	
9	Wed	8:28	3.5	8:55	4.4	2:28	0.3	2:20	0.0	6:13	8:02	
10	Thu	9:10	3.6	9:35	4.4	3:05	0.2	3:01	0.0	6:14	8:00	
11	Fri	9:51	3.7	10:14	4.3	3:39	0.2	3:40	0.1	6:15	7:59	
12	Sat	10:31	3.8	10:52	4.2	4:14	0.3	4:20	0.2	6:16	7:58	
13	Sun	11:11	3.8	11:31	4.1	4:50	0.4	5:00	0.4	6:17	7:57	
14	Mon	11:52	3.8			5:27	0.5	5:43	0.6	6:18	7:56	
15	Tue	12:09	3.9	12:33	3.8	6:05	0.6	6:28	0.8	6:18	7:54	
16	Wed	12:49	3.7	1:17	3.8	6:46	0.8	7:16	1.0	6:19	7:53	
17	Thu	1:32	3.5	2:05	3.8	7:30	0.8	8:09	1.2	6:20	7:52	
18	Fri	2:21	3.4	2:59	3.9	8:19	0.9	9:05	1.2	6:21	7:50	
19	Sat	3:16	3.3	3:57	4.0	9:11	0.8	10:04	1.1	6:22	7:49	
20	Sun	4:16	3.3	4:57	4.3	10:08	0.7	11:03	0.9	6:23	7:48	
21	Mon	5:16	3.5	5:54	4.6	11:06	0.4			6:24	7:46	
22	Tue	6:13	3.7	6:48	4.9	12:01	0.6	12:04	0.1	6:24	7:45	
23	Wed	7:08	4.0	7:40	5.1	12:56	0.3	1:01	-0.2	6:25	7:44	
24	Thu	8:01	4.3	8:32	5.2	1:48	-0.1	1:56	-0.5	6:26	7:42	
25	Fri	8:53	4.6	9:22	5.3	2:37	-0.4	2:49	-0.8	6:27	7:41	
26	Sat	9:45	4.8	10:12	5.2	3:25	-0.6	3:42	-0.8	6:28	7:39	
27	Sun	10:37	4.9	11:02	4.9	4:13	-0.7	4:35	-0.7	6:29	7:38	
28	Mon	11:29	4.9	11:53	4.6	5:01	-0.6	5:30	-0.5	6:29	7:37	
29	Tue			12:22	4.8	5:52	-0.5	6:28	-0.2	6:30	7:35	
30	Wed	12:44	4.2	1:17	4.6	6:44	-0.2	7:28	0.2	6:31	7:34	
31	Thu	1:38	3.8	2:16	4.4	7:40	0.0	8:32	0.5	6:32	7:32	