

Metompkin Inlet, VA - Aug 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:24	3.5	4:07	4.2	9:24	0.4	10:15	0.7	6:07	8:10	
2	Sun	4:26	3.4	5:08	4.5	10:21	0.2	11:19	0.5	6:08	8:09	
3	Mon	5:28	3.5	6:08	4.8	11:20	0.0			6:08	8:08	
4	Tue	6:28	3.6	7:06	5.1	12:22	0.2	12:20	-0.3	6:09	8:07	
5	Wed	7:25	3.8	8:01	5.3	1:20	-0.1	1:18	-0.6	6:10	8:06	
6	Thu	8:21	3.9	8:55	5.3	2:15	-0.3	2:14	-0.8	6:11	8:05	
7	Fri	9:16	4.1	9:48	5.3	3:06	-0.5	3:08	-0.9	6:12	8:04	
8	Sat	10:09	4.2	10:38	5.1	3:56	-0.6	4:01	-0.8	6:13	8:02	
9	Sun	11:01	4.3	11:28	4.8	4:44	-0.6	4:55	-0.6	6:14	8:01	
10	Mon	11:53	4.2			5:32	-0.4	5:49	-0.3	6:14	8:00	
11	Tue	12:16	4.4	12:44	4.1	6:21	-0.2	6:46	0.0	6:15	7:59	
12	Wed	1:05	4.0	1:36	4.0	7:10	0.0	7:44	0.4	6:16	7:58	
13	Thu	1:55	3.6	2:32	3.9	8:00	0.3	8:44	0.7	6:17	7:56	
14	Fri	2:49	3.2	3:30	3.8	8:51	0.5	9:46	0.9	6:18	7:55	
15	Sat	3:48	3.0	4:31	3.8	9:43	0.7	10:48	1.0	6:19	7:54	
16	Sun	4:47	2.9	5:28	3.9	10:36	0.8	11:48	1.0	6:20	7:53	
17	Mon	5:43	3.0	6:19	4.0	11:28	0.7			6:20	7:51	
18	Tue	6:32	3.1	7:05	4.1	12:39	1.0	12:19	0.7	6:21	7:50	
19	Wed	7:17	3.2	7:47	4.3	1:21	0.9	1:05	0.5	6:22	7:49	
20	Thu	8:00	3.4	8:28	4.4	1:59	0.7	1:48	0.4	6:23	7:47	
21	Fri	8:42	3.6	9:08	4.5	2:35	0.6	2:29	0.3	6:24	7:46	
22	Sat	9:22	3.8	9:47	4.5	3:10	0.5	3:09	0.2	6:25	7:45	
23	Sun	10:03	3.9	10:25	4.5	3:45	0.4	3:50	0.3	6:25	7:43	
24	Mon	10:43	4.0	11:03	4.4	4:22	0.4	4:31	0.3	6:26	7:42	
25	Tue	11:24	4.1	11:43	4.2	4:59	0.4	5:15	0.4	6:27	7:40	
26	Wed			12:06	4.2	5:39	0.5	6:02	0.6	6:28	7:39	
27	Thu	12:24	4.0	12:51	4.2	6:21	0.5	6:54	0.7	6:29	7:38	
28	Fri	1:09	3.8	1:41	4.3	7:08	0.6	7:52	0.8	6:30	7:36	
29	Sat	2:00	3.6	2:39	4.3	8:01	0.6	8:53	0.9	6:31	7:35	
30	Sun	3:00	3.4	3:43	4.4	8:58	0.5	9:57	0.8	6:31	7:33	
31	Mon	4:05	3.4	4:48	4.6	9:59	0.4	11:02	0.6	6:32	7:32	