

Metompkin Inlet, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:18	3.3	9:48	4.4	3:22	0.4	3:05	0.0	6:06	8:10	
2	Sun	10:00	3.4	10:26	4.3	3:57	0.4	3:46	0.1	6:07	8:09	
3	Mon	10:40	3.5	11:04	4.2	4:31	0.4	4:27	0.2	6:08	8:08	
4	Tue	11:21	3.6	11:41	4.0	5:05	0.5	5:08	0.4	6:09	8:07	
5	Wed			12:01	3.6	5:39	0.6	5:51	0.6	6:10	8:06	
6	Thu	12:18	3.8	12:42	3.7	6:15	0.7	6:37	0.9	6:11	8:05	
7	Fri	12:57	3.5	1:25	3.7	6:53	0.8	7:26	1.1	6:11	8:04	
8	Sat	1:39	3.3	2:12	3.7	7:34	0.9	8:19	1.2	6:12	8:03	
9	Sun	2:26	3.1	3:06	3.8	8:19	1.0	9:16	1.3	6:13	8:02	
10	Mon	3:20	2.9	4:05	3.9	9:10	1.0	10:16	1.3	6:14	8:01	
11	Tue	4:21	2.9	5:05	4.1	10:06	0.8	11:18	1.2	6:15	7:59	
12	Wed	5:22	3.0	6:03	4.4	11:05	0.6			6:16	7:58	
13	Thu	6:19	3.2	6:58	4.7	12:17	0.9	12:05	0.3	6:17	7:57	
14	Fri	7:13	3.4	7:50	5.0	1:12	0.6	1:02	0.0	6:17	7:56	
15	Sat	8:06	3.7	8:40	5.2	2:02	0.2	1:56	-0.3	6:18	7:55	
16	Sun	8:58	4.1	9:29	5.2	2:48	-0.1	2:49	-0.6	6:19	7:53	
17	Mon	9:49	4.3	10:17	5.1	3:34	-0.3	3:41	-0.7	6:20	7:52	
18	Tue	10:40	4.6	11:05	4.8	4:19	-0.4	4:35	-0.6	6:21	7:51	
19	Wed	11:31	4.7	11:53	4.5	5:04	-0.5	5:30	-0.4	6:22	7:49	
20	Thu			12:23	4.7	5:51	-0.4	6:28	-0.1	6:23	7:48	
21	Fri	12:43	4.0	1:17	4.6	6:41	-0.2	7:29	0.3	6:23	7:47	
22	Sat	1:35	3.6	2:15	4.5	7:33	0.1	8:34	0.6	6:24	7:45	
23	Sun	2:33	3.2	3:19	4.3	8:30	0.3	9:43	0.8	6:25	7:44	
24	Mon	3:38	2.9	4:29	4.2	9:30	0.5	10:55	0.9	6:26	7:42	
25	Tue	4:48	2.8	5:37	4.2	10:32	0.6			6:27	7:41	
26	Wed	5:53	2.9	6:36	4.2	12:03	0.9	11:35 AM	0.6	6:28	7:40	
27	Thu	6:48	3.0	7:24	4.3	1:00	0.8	12:32	0.5	6:28	7:38	
28	Fri	7:33	3.2	8:06	4.3	1:44	0.7	1:22	0.4	6:29	7:37	
29	Sat	8:14	3.4	8:44	4.3	2:19	0.6	2:06	0.3	6:30	7:35	
30	Sun	8:54	3.6	9:20	4.3	2:51	0.5	2:46	0.2	6:31	7:34	
31	Mon	9:32	3.8	9:56	4.2	3:21	0.5	3:24	0.3	6:32	7:32	