

Metompkin Inlet, VA - Aug 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:20	2.8	6:01	4.0	11:01	0.9			6:06	8:11	
2	Mon	6:14	2.9	6:51	4.2	12:15	1.2	11:55 AM	0.7	6:07	8:10	
3	Tue	7:04	3.1	7:39	4.5	1:05	1.0	12:47	0.4	6:08	8:09	
4	Wed	7:51	3.3	8:24	4.7	1:51	0.7	1:37	0.2	6:09	8:08	
5	Thu	8:38	3.5	9:08	4.8	2:33	0.4	2:24	0.0	6:10	8:06	
6	Fri	9:24	3.8	9:52	4.9	3:14	0.2	3:11	-0.2	6:10	8:05	
7	Sat	10:10	4.0	10:35	4.8	3:55	0.0	3:59	-0.2	6:11	8:04	
8	Sun	10:57	4.2	11:20	4.6	4:37	-0.1	4:48	-0.2	6:12	8:03	
9	Mon	11:45	4.4			5:20	-0.1	5:41	0.0	6:13	8:02	
10	Tue	12:05	4.3	12:34	4.5	6:05	-0.1	6:37	0.2	6:14	8:01	
11	Wed	12:53	4.0	1:27	4.5	6:53	0.0	7:38	0.4	6:15	8:00	
12	Thu	1:44	3.6	2:26	4.4	7:45	0.1	8:42	0.6	6:16	7:59	
13	Fri	2:43	3.3	3:30	4.4	8:41	0.2	9:50	0.7	6:16	7:57	
14	Sat	3:48	3.0	4:39	4.4	9:42	0.3	11:00	0.7	6:17	7:56	
15	Sun	4:57	3.0	5:46	4.5	10:45	0.3			6:18	7:55	
16	Mon	6:03	3.0	6:47	4.5	12:09	0.7	11:49 AM	0.2	6:19	7:54	
17	Tue	7:01	3.2	7:40	4.6	1:08	0.5	12:49	0.0	6:20	7:52	
18	Wed	7:53	3.4	8:27	4.6	1:58	0.3	1:43	-0.1	6:21	7:51	
19	Thu	8:40	3.6	9:11	4.6	2:40	0.2	2:32	-0.2	6:21	7:50	
20	Fri	9:24	3.7	9:51	4.5	3:18	0.2	3:16	-0.1	6:22	7:48	
21	Sat	10:07	3.9	10:30	4.3	3:54	0.1	3:59	0.0	6:23	7:47	
22	Sun	10:47	4.0	11:08	4.1	4:28	0.2	4:41	0.2	6:24	7:46	
23	Mon	11:28	4.0	11:46	3.8	5:03	0.3	5:24	0.4	6:25	7:44	
24	Tue			12:08	4.0	5:39	0.5	6:09	0.7	6:26	7:43	
25	Wed	12:25	3.5	12:50	3.9	6:16	0.7	6:56	1.0	6:27	7:41	
26	Thu	1:06	3.3	1:36	3.8	6:57	0.9	7:47	1.3	6:27	7:40	
27	Fri	1:51	3.0	2:27	3.8	7:42	1.1	8:41	1.4	6:28	7:39	
28	Sat	2:43	2.9	3:26	3.8	8:33	1.2	9:40	1.5	6:29	7:37	
29	Sun	3:42	2.8	4:28	3.9	9:28	1.2	10:40	1.5	6:30	7:36	
30	Mon	4:44	2.9	5:28	4.1	10:27	1.0	11:38	1.3	6:31	7:34	
31	Tue	5:42	3.1	6:21	4.3	11:25	0.8			6:32	7:33	