

Metompkin Inlet, VA - Aug 2200

| Date | High |    |    |    | Low |    |    |    |  |     |  |
|------|------|----|----|----|-----|----|----|----|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
|      | AM   | ft | PM | ft | AM  | ft | PM | ft | Rise                                                                                | Set | Moon                                                                                |