

Metompkin Inlet, VA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:39	3.3	12:58	3.6	6:34	0.4	7:07	0.2	7:17	4:54	
2	Mon	1:33	3.4	1:51	3.4	7:31	0.5	7:58	0.1	7:17	4:55	
3	Tue	2:32	3.6	2:50	3.3	8:32	0.4	8:52	-0.1	7:17	4:56	
4	Wed	3:33	3.8	3:51	3.3	9:36	0.2	9:49	-0.3	7:17	4:56	
5	Thu	4:33	4.2	4:51	3.4	10:39	0.0	10:46	-0.6	7:17	4:57	
6	Fri	5:31	4.5	5:49	3.5	11:40	-0.3	11:44	-0.9	7:17	4:58	
7	Sat	6:26	4.8	6:45	3.6			12:38	-0.6	7:17	4:59	
8	Sun	7:21	5.0	7:40	3.7	12:39	-1.2	1:32	-0.9	7:17	5:00	
9	Mon	8:14	5.0	8:34	3.8	1:33	-1.4	2:24	-1.1	7:17	5:01	
10	Tue	9:07	5.0	9:27	3.8	2:26	-1.4	3:15	-1.1	7:17	5:02	
11	Wed	9:58	4.8	10:20	3.7	3:19	-1.4	4:05	-1.0	7:17	5:03	
12	Thu	10:47	4.5	11:12	3.7	4:12	-1.1	4:55	-0.9	7:17	5:04	
13	Fri	11:36	4.1			5:07	-0.8	5:46	-0.7	7:16	5:05	
14	Sat	12:04	3.5	12:26	3.7	6:03	-0.4	6:37	-0.4	7:16	5:06	
15	Sun	12:59	3.4	1:18	3.3	7:02	-0.1	7:28	-0.2	7:16	5:07	
16	Mon	1:56	3.3	2:12	2.9	8:02	0.2	8:19	0.0	7:15	5:08	
17	Tue	2:57	3.2	3:10	2.7	9:03	0.4	9:11	0.1	7:15	5:09	
18	Wed	3:57	3.3	4:07	2.6	10:05	0.5	10:02	0.1	7:15	5:10	
19	Thu	4:52	3.4	4:59	2.7	11:03	0.5	10:52	0.1	7:14	5:11	
20	Fri	5:40	3.5	5:47	2.7	11:53	0.4	11:39	0.0	7:14	5:12	
21	Sat	6:24	3.7	6:32	2.9			12:36	0.3	7:13	5:13	
22	Sun	7:05	3.9	7:15	3.0	12:23	-0.2	1:14	0.2	7:13	5:14	
23	Mon	7:46	4.0	7:57	3.1	1:05	-0.3	1:51	0.1	7:12	5:15	
24	Tue	8:26	4.1	8:38	3.3	1:45	-0.4	2:27	0.0	7:12	5:16	
25	Wed	9:05	4.1	9:19	3.4	2:25	-0.4	3:04	-0.1	7:11	5:18	
26	Thu	9:44	4.1	10:00	3.4	3:05	-0.3	3:42	-0.1	7:10	5:19	
27	Fri	10:22	4.0	10:41	3.5	3:46	-0.3	4:21	-0.1	7:10	5:20	
28	Sat	11:02	3.9	11:24	3.5	4:30	-0.1	5:02	-0.1	7:09	5:21	
29	Sun	11:43	3.7			5:18	0.0	5:46	-0.1	7:08	5:22	
30	Mon	12:10	3.6	12:29	3.5	6:10	0.1	6:35	-0.1	7:07	5:23	
31	Tue	1:03	3.6	1:22	3.3	7:08	0.2	7:27	-0.1	7:07	5:24	