

Metompkin Inlet, VA - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:39	4.0	1:01	3.3	6:50	0.1	7:03	-0.1	6:33	5:55	
2	Thu	1:39	3.9	2:02	3.1	7:52	0.2	8:03	-0.1	6:32	5:56	
3	Fri	2:44	3.9	3:08	3.1	8:57	0.2	9:06	-0.2	6:31	5:57	
4	Sat	3:52	4.0	4:15	3.2	10:03	0.1	10:11	-0.4	6:29	5:58	
5	Sun	4:56	4.2	5:18	3.4	11:06	-0.1	11:14	-0.6	6:28	5:59	
6	Mon	5:55	4.3	6:15	3.6			12:04	-0.4	6:26	6:00	
7	Tue	6:49	4.4	7:08	3.9	12:13	-0.9	12:55	-0.6	6:25	6:01	
8	Wed	7:40	4.4	7:58	4.0	1:08	-1.1	1:42	-0.8	6:23	6:02	
9	Thu	8:28	4.3	8:46	4.2	1:58	-1.1	2:27	-0.9	6:22	6:03	
10	Fri	9:13	4.2	9:32	4.2	2:46	-1.1	3:09	-0.8	6:20	6:04	
11	Sat	9:57	4.0	10:17	4.1	3:33	-0.9	3:52	-0.6	6:19	6:05	
12	Sun	10:40	3.7	11:01	4.0	4:20	-0.6	4:34	-0.4	6:17	6:06	
13	Mon	11:23	3.4	11:47	3.8	5:07	-0.3	5:18	-0.1	6:16	6:07	
14	Tue			12:07	3.1	5:56	0.1	6:04	0.2	6:14	6:08	
15	Wed	12:34	3.6	12:55	2.9	6:46	0.4	6:53	0.4	6:13	6:09	
16	Thu	1:26	3.4	1:48	2.7	7:40	0.7	7:45	0.6	6:11	6:10	
17	Fri	2:24	3.3	2:46	2.7	8:35	0.9	8:40	0.7	6:10	6:11	
18	Sat	3:25	3.3	3:45	2.8	9:31	0.9	9:36	0.6	6:08	6:12	
19	Sun	4:23	3.4	4:41	3.0	10:25	0.8	10:31	0.5	6:07	6:12	
20	Mon	5:14	3.6	5:30	3.2	11:15	0.7	11:23	0.3	6:05	6:13	
21	Tue	6:01	3.8	6:16	3.5	11:59	0.5			6:04	6:14	
22	Wed	6:44	3.9	6:59	3.8	12:10	0.1	12:40	0.2	6:02	6:15	
23	Thu	7:26	4.1	7:42	4.1	12:55	-0.2	1:20	0.0	6:01	6:16	
24	Fri	8:08	4.2	8:25	4.3	1:39	-0.4	2:00	-0.2	5:59	6:17	
25	Sat	8:50	4.2	9:08	4.5	2:23	-0.5	2:40	-0.3	5:58	6:18	
26	Sun	9:32	4.1	9:52	4.6	3:08	-0.5	3:22	-0.4	5:56	6:19	
27	Mon	10:16	4.0	10:39	4.6	3:55	-0.5	4:06	-0.3	5:55	6:20	
28	Tue	11:02	3.8	11:28	4.5	4:45	-0.3	4:54	-0.2	5:53	6:21	
29	Wed	11:52	3.6			5:39	-0.1	5:47	-0.1	5:52	6:22	
30	Thu	12:22	4.4	12:47	3.4	6:37	0.0	6:45	0.0	5:50	6:23	
31	Fri	1:21	4.2	1:49	3.2	7:39	0.2	7:48	0.0	5:49	6:23	