

Metompkin Inlet, VA - Apr 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:27	4.1	2:57	3.2	8:42	0.2	8:53	0.0	5:47	6:24	
2	Sun	3:35	4.0	4:04	3.4	9:46	0.1	9:59	-0.1	5:46	6:25	
3	Mon	4:40	4.0	5:06	3.6	10:46	0.0	11:03	-0.3	5:44	6:26	
4	Tue	5:38	4.1	6:02	3.8	11:42	-0.2			5:43	6:27	
5	Wed	6:30	4.1	6:52	4.1	12:02	-0.5	12:31	-0.4	5:41	6:28	
6	Thu	7:18	4.1	7:38	4.3	12:55	-0.6	1:16	-0.5	5:40	6:29	
7	Fri	8:03	4.0	8:23	4.4	1:44	-0.7	1:58	-0.6	5:38	6:30	
8	Sat	8:47	3.9	9:06	4.4	2:29	-0.7	2:38	-0.5	5:37	6:31	
9	Sun	9:29	3.7	9:49	4.3	3:12	-0.5	3:18	-0.3	5:35	6:32	
10	Mon	10:11	3.5	10:31	4.2	3:55	-0.3	3:59	-0.1	5:34	6:33	
11	Tue	10:53	3.4	11:14	4.0	4:39	0.0	4:40	0.2	5:32	6:33	
12	Wed	11:36	3.2	11:59	3.8	5:24	0.3	5:25	0.4	5:31	6:34	
13	Thu			12:22	3.0	6:12	0.6	6:13	0.7	5:30	6:35	
14	Fri	12:48	3.6	1:12	2.9	7:01	0.8	7:05	0.8	5:28	6:36	
15	Sat	1:41	3.5	2:08	2.9	7:53	0.9	7:59	0.9	5:27	6:37	
16	Sun	2:38	3.4	3:06	3.0	8:45	1.0	8:56	0.9	5:25	6:38	
17	Mon	3:36	3.5	4:03	3.2	9:37	0.9	9:52	0.8	5:24	6:39	
18	Tue	4:30	3.6	4:54	3.5	10:27	0.7	10:47	0.6	5:23	6:40	
19	Wed	5:19	3.7	5:42	3.8	11:14	0.5	11:38	0.3	5:21	6:41	
20	Thu	6:06	3.9	6:27	4.2	11:59	0.2			5:20	6:42	
21	Fri	6:51	4.0	7:12	4.5	12:28	0.0	12:43	0.0	5:19	6:43	
22	Sat	7:36	4.1	7:58	4.8	1:15	-0.3	1:27	-0.3	5:17	6:43	
23	Sun	8:22	4.1	8:44	5.0	2:02	-0.5	2:11	-0.4	5:16	6:44	
24	Mon	9:08	4.1	9:32	5.0	2:50	-0.6	2:56	-0.5	5:15	6:45	
25	Tue	9:56	4.0	10:21	5.0	3:39	-0.5	3:44	-0.5	5:14	6:46	
26	Wed	10:46	3.8	11:12	4.9	4:31	-0.4	4:35	-0.3	5:12	6:47	
27	Thu	11:39	3.7			5:26	-0.3	5:31	-0.2	5:11	6:48	
28	Fri	12:07	4.6	12:36	3.5	6:24	-0.1	6:31	0.0	5:10	6:49	
29	Sat	1:06	4.4	1:38	3.4	7:25	0.0	7:35	0.1	5:09	6:50	
30	Sun	3:10	4.1	3:45	3.4	9:25	0.1	9:41	0.2	6:07	7:51	