

Metompkin Inlet, VA - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:16	3.9	4:52	3.6	10:25	0.1	10:48	0.1	6:06	7:52	
2	Tue	5:19	3.8	5:53	3.8	11:23	0.0	11:52	0.0	6:05	7:53	
3	Wed	6:16	3.8	6:46	4.0			12:15	-0.1	6:04	7:53	
4	Thu	7:07	3.7	7:33	4.2	12:50	-0.1	1:03	-0.2	6:03	7:54	
5	Fri	7:53	3.7	8:17	4.3	1:42	-0.2	1:47	-0.3	6:02	7:55	
6	Sat	8:37	3.6	8:59	4.4	2:28	-0.3	2:28	-0.3	6:01	7:56	
7	Sun	9:20	3.6	9:41	4.4	3:10	-0.3	3:08	-0.2	6:00	7:57	
8	Mon	10:02	3.5	10:22	4.4	3:51	-0.2	3:47	-0.1	5:59	7:58	
9	Tue	10:43	3.4	11:03	4.3	4:31	0.0	4:26	0.1	5:58	7:59	
10	Wed	11:25	3.3	11:45	4.2	5:12	0.2	5:07	0.3	5:57	8:00	
11	Thu			12:08	3.2	5:55	0.4	5:51	0.5	5:56	8:01	
12	Fri	12:29	4.0	12:52	3.1	6:39	0.6	6:37	0.7	5:55	8:02	
13	Sat	1:14	3.8	1:40	3.1	7:26	0.7	7:28	0.9	5:54	8:02	
14	Sun	2:02	3.7	2:31	3.1	8:14	0.8	8:21	1.0	5:53	8:03	
15	Mon	2:54	3.6	3:27	3.2	9:02	0.9	9:17	1.0	5:52	8:04	
16	Tue	3:49	3.5	4:23	3.4	9:51	0.8	10:13	0.9	5:51	8:05	
17	Wed	4:43	3.6	5:16	3.7	10:41	0.6	11:10	0.7	5:51	8:06	
18	Thu	5:36	3.7	6:06	4.1	11:30	0.4			5:50	8:07	
19	Fri	6:26	3.8	6:55	4.5	12:06	0.4	12:19	0.1	5:49	8:08	
20	Sat	7:16	3.9	7:43	4.8	12:59	0.1	1:08	-0.2	5:48	8:08	
21	Sun	8:05	4.0	8:32	5.1	1:51	-0.2	1:56	-0.4	5:48	8:09	
22	Mon	8:55	4.0	9:22	5.3	2:42	-0.5	2:44	-0.6	5:47	8:10	
23	Tue	9:46	4.0	10:13	5.3	3:32	-0.6	3:34	-0.7	5:46	8:11	
24	Wed	10:38	4.0	11:05	5.2	4:24	-0.7	4:25	-0.7	5:46	8:12	
25	Thu	11:31	3.9	11:58	5.0	5:17	-0.6	5:19	-0.5	5:45	8:12	
26	Fri			12:25	3.8	6:12	-0.5	6:16	-0.3	5:44	8:13	
27	Sat	12:52	4.7	1:23	3.7	7:08	-0.3	7:17	-0.1	5:44	8:14	
28	Sun	1:49	4.4	2:24	3.6	8:06	-0.2	8:21	0.1	5:43	8:15	
29	Mon	2:49	4.0	3:29	3.6	9:04	-0.1	9:26	0.2	5:43	8:15	
30	Tue	3:51	3.7	4:34	3.7	10:00	0.0	10:32	0.3	5:43	8:16	
31	Wed	4:53	3.5	5:34	3.8	10:54	0.0	11:36	0.3	5:42	8:17	