

Metompkin Inlet, VA - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:50	3.4	6:26	4.0	11:46	0.0			5:42	8:17	
2	Fri	6:41	3.3	7:12	4.2	12:35	0.2	12:34	0.0	5:41	8:18	
3	Sat	7:27	3.3	7:54	4.3	1:26	0.1	1:18	0.0	5:41	8:19	
4	Sun	8:10	3.3	8:36	4.3	2:10	0.1	2:00	-0.1	5:41	8:19	
5	Mon	8:53	3.3	9:17	4.4	2:51	0.0	2:40	0.0	5:41	8:20	
6	Tue	9:35	3.3	9:57	4.4	3:30	0.1	3:19	0.0	5:40	8:21	
7	Wed	10:17	3.3	10:38	4.3	4:08	0.1	3:58	0.1	5:40	8:21	
8	Thu	10:59	3.3	11:19	4.2	4:47	0.2	4:39	0.3	5:40	8:22	
9	Fri	11:41	3.3			5:27	0.4	5:21	0.5	5:40	8:22	
10	Sat	12:01	4.1	12:24	3.2	6:08	0.5	6:06	0.7	5:40	8:23	
11	Sun	12:42	4.0	1:08	3.2	6:51	0.6	6:54	0.8	5:40	8:23	
12	Mon	1:26	3.8	1:56	3.3	7:36	0.7	7:46	0.9	5:40	8:24	
13	Tue	2:13	3.7	2:48	3.4	8:22	0.7	8:40	0.9	5:40	8:24	
14	Wed	3:04	3.6	3:42	3.6	9:09	0.6	9:37	0.9	5:40	8:25	
15	Thu	3:59	3.5	4:38	3.9	9:59	0.4	10:36	0.7	5:40	8:25	
16	Fri	4:55	3.6	5:32	4.2	10:50	0.2	11:35	0.5	5:40	8:25	
17	Sat	5:50	3.6	6:25	4.6	11:43	0.0			5:40	8:26	
18	Sun	6:45	3.7	7:18	4.9	12:33	0.1	12:37	-0.3	5:40	8:26	
19	Mon	7:38	3.8	8:10	5.2	1:29	-0.2	1:30	-0.6	5:40	8:26	
20	Tue	8:32	3.9	9:03	5.4	2:23	-0.5	2:22	-0.8	5:40	8:27	
21	Wed	9:26	4.0	9:56	5.4	3:15	-0.7	3:15	-0.9	5:40	8:27	
22	Thu	10:20	4.0	10:49	5.3	4:07	-0.7	4:08	-0.9	5:41	8:27	
23	Fri	11:14	4.0	11:41	5.0	4:59	-0.7	5:03	-0.7	5:41	8:27	
24	Sat			12:09	3.9	5:52	-0.6	6:01	-0.5	5:41	8:27	
25	Sun	12:34	4.7	1:05	3.9	6:47	-0.5	7:01	-0.2	5:41	8:27	
26	Mon	1:28	4.3	2:03	3.8	7:41	-0.3	8:03	0.1	5:42	8:27	
27	Tue	2:23	3.9	3:05	3.7	8:36	-0.2	9:06	0.3	5:42	8:28	
28	Wed	3:22	3.5	4:08	3.8	9:29	0.0	10:11	0.5	5:43	8:28	
29	Thu	4:22	3.3	5:08	3.8	10:22	0.1	11:15	0.5	5:43	8:28	
30	Fri	5:20	3.1	6:01	3.9	11:14	0.2			5:43	8:28	