

## Metompkin Inlet, VA - Jul 1978

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 6:12  | 3.1 | 6:48  | 4.0 | 12:14 | 0.5  | 12:03 | 0.2  | 5:44                                                                                | 8:28 |    |
| 2    | Sun | 6:59  | 3.1 | 7:31  | 4.1 | 1:06  | 0.5  | 12:49 | 0.2  | 5:44                                                                                | 8:27 |    |
| 3    | Mon | 7:44  | 3.1 | 8:13  | 4.2 | 1:50  | 0.4  | 1:33  | 0.1  | 5:45                                                                                | 8:27 |    |
| 4    | Tue | 8:26  | 3.2 | 8:53  | 4.3 | 2:29  | 0.3  | 2:14  | 0.1  | 5:45                                                                                | 8:27 |    |
| 5    | Wed | 9:09  | 3.3 | 9:34  | 4.4 | 3:06  | 0.3  | 2:54  | 0.1  | 5:46                                                                                | 8:27 |    |
| 6    | Thu | 9:51  | 3.4 | 10:14 | 4.4 | 3:42  | 0.3  | 3:34  | 0.1  | 5:46                                                                                | 8:27 |    |
| 7    | Fri | 10:32 | 3.4 | 10:54 | 4.3 | 4:19  | 0.3  | 4:14  | 0.2  | 5:47                                                                                | 8:27 |    |
| 8    | Sat | 11:13 | 3.4 | 11:33 | 4.2 | 4:57  | 0.4  | 4:55  | 0.4  | 5:48                                                                                | 8:26 |    |
| 9    | Sun | 11:55 | 3.5 |       |     | 5:36  | 0.4  | 5:38  | 0.5  | 5:48                                                                                | 8:26 |    |
| 10   | Mon | 12:12 | 4.1 | 12:37 | 3.5 | 6:16  | 0.5  | 6:24  | 0.7  | 5:49                                                                                | 8:26 |    |
| 11   | Tue | 12:53 | 3.9 | 1:22  | 3.6 | 6:59  | 0.5  | 7:14  | 0.8  | 5:49                                                                                | 8:25 |    |
| 12   | Wed | 1:37  | 3.8 | 2:11  | 3.7 | 7:43  | 0.5  | 8:09  | 0.9  | 5:50                                                                                | 8:25 |   |
| 13   | Thu | 2:26  | 3.6 | 3:05  | 3.8 | 8:31  | 0.5  | 9:06  | 0.8  | 5:51                                                                                | 8:24 |  |
| 14   | Fri | 3:21  | 3.5 | 4:03  | 4.1 | 9:22  | 0.4  | 10:07 | 0.7  | 5:51                                                                                | 8:24 |  |
| 15   | Sat | 4:20  | 3.5 | 5:02  | 4.4 | 10:17 | 0.2  | 11:09 | 0.5  | 5:52                                                                                | 8:23 |  |
| 16   | Sun | 5:20  | 3.5 | 6:00  | 4.7 | 11:14 | 0.0  |       |      | 5:53                                                                                | 8:23 |  |
| 17   | Mon | 6:19  | 3.6 | 6:56  | 5.0 | 12:10 | 0.2  | 12:12 | -0.3 | 5:54                                                                                | 8:22 |  |
| 18   | Tue | 7:16  | 3.8 | 7:51  | 5.2 | 1:09  | -0.1 | 1:09  | -0.6 | 5:54                                                                                | 8:22 |  |
| 19   | Wed | 8:12  | 4.0 | 8:45  | 5.3 | 2:04  | -0.4 | 2:05  | -0.8 | 5:55                                                                                | 8:21 |  |
| 20   | Thu | 9:07  | 4.1 | 9:38  | 5.3 | 2:56  | -0.6 | 2:59  | -1.0 | 5:56                                                                                | 8:21 |  |
| 21   | Fri | 10:01 | 4.2 | 10:30 | 5.2 | 3:47  | -0.8 | 3:53  | -1.0 | 5:57                                                                                | 8:20 |  |
| 22   | Sat | 10:55 | 4.2 | 11:21 | 4.9 | 4:37  | -0.8 | 4:47  | -0.8 | 5:57                                                                                | 8:19 |  |
| 23   | Sun | 11:48 | 4.2 |       |     | 5:28  | -0.7 | 5:42  | -0.5 | 5:58                                                                                | 8:19 |  |
| 24   | Mon | 12:12 | 4.6 | 12:41 | 4.1 | 6:19  | -0.5 | 6:40  | -0.2 | 5:59                                                                                | 8:18 |  |
| 25   | Tue | 1:02  | 4.2 | 1:36  | 4.0 | 7:10  | -0.3 | 7:39  | 0.1  | 6:00                                                                                | 8:17 |  |
| 26   | Wed | 1:54  | 3.8 | 2:33  | 3.9 | 8:02  | 0.0  | 8:41  | 0.4  | 6:00                                                                                | 8:16 |  |
| 27   | Thu | 2:49  | 3.4 | 3:33  | 3.8 | 8:54  | 0.2  | 9:43  | 0.7  | 6:01                                                                                | 8:15 |  |
| 28   | Fri | 3:47  | 3.1 | 4:34  | 3.8 | 9:47  | 0.3  | 10:46 | 0.8  | 6:02                                                                                | 8:15 |  |
| 29   | Sat | 4:47  | 3.0 | 5:31  | 3.8 | 10:40 | 0.4  | 11:46 | 0.8  | 6:03                                                                                | 8:14 |  |
| 30   | Sun | 5:42  | 3.0 | 6:21  | 3.9 | 11:32 | 0.5  |       |      | 6:04                                                                                | 8:13 |  |
| 31   | Mon | 6:32  | 3.0 | 7:06  | 4.1 | 12:39 | 0.8  | 12:21 | 0.4  | 6:05                                                                                | 8:12 |  |