

Metompkin Inlet, VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:17	3.2	7:48	4.2	1:23	0.7	1:07	0.3	6:05	8:11	
2	Wed	8:00	3.3	8:29	4.3	2:02	0.6	1:50	0.3	6:06	8:10	
3	Thu	8:42	3.5	9:09	4.4	2:38	0.5	2:30	0.2	6:07	8:09	
4	Fri	9:24	3.6	9:48	4.4	3:13	0.4	3:10	0.2	6:08	8:08	
5	Sat	10:05	3.7	10:27	4.4	3:49	0.4	3:50	0.2	6:09	8:07	
6	Sun	10:45	3.8	11:05	4.3	4:25	0.3	4:31	0.3	6:10	8:06	
7	Mon	11:26	3.9	11:43	4.2	5:02	0.4	5:13	0.5	6:11	8:05	
8	Tue			12:07	3.9	5:41	0.4	5:58	0.6	6:11	8:04	
9	Wed	12:23	4.0	12:51	4.0	6:23	0.5	6:48	0.7	6:12	8:02	
10	Thu	1:06	3.8	1:39	4.1	7:08	0.5	7:43	0.8	6:13	8:01	
11	Fri	1:55	3.7	2:34	4.1	7:58	0.5	8:42	0.8	6:14	8:00	
12	Sat	2:51	3.5	3:34	4.3	8:53	0.4	9:44	0.8	6:15	7:59	
13	Sun	3:54	3.5	4:38	4.5	9:51	0.3	10:47	0.6	6:16	7:58	
14	Mon	4:58	3.5	5:39	4.7	10:52	0.1	11:50	0.4	6:17	7:57	
15	Tue	6:00	3.7	6:38	4.9	11:53	-0.2			6:17	7:55	
16	Wed	6:58	3.9	7:34	5.1	12:50	0.0	12:53	-0.5	6:18	7:54	
17	Thu	7:55	4.1	8:27	5.2	1:45	-0.3	1:50	-0.7	6:19	7:53	
18	Fri	8:49	4.3	9:19	5.2	2:36	-0.5	2:45	-0.9	6:20	7:51	
19	Sat	9:41	4.5	10:09	5.0	3:24	-0.7	3:37	-0.9	6:21	7:50	
20	Sun	10:33	4.6	10:58	4.8	4:12	-0.7	4:29	-0.7	6:22	7:49	
21	Mon	11:23	4.5	11:46	4.4	4:59	-0.6	5:22	-0.4	6:23	7:47	
22	Tue			12:13	4.4	5:46	-0.3	6:16	-0.1	6:23	7:46	
23	Wed	12:33	4.0	1:04	4.2	6:35	-0.1	7:12	0.3	6:24	7:45	
24	Thu	1:22	3.7	1:56	4.0	7:25	0.2	8:10	0.7	6:25	7:43	
25	Fri	2:14	3.3	2:53	3.9	8:16	0.5	9:09	0.9	6:26	7:42	
26	Sat	3:10	3.1	3:54	3.8	9:10	0.7	10:10	1.1	6:27	7:41	
27	Sun	4:11	3.0	4:54	3.8	10:04	0.8	11:09	1.1	6:28	7:39	
28	Mon	5:10	3.0	5:49	3.9	10:59	0.8			6:28	7:38	
29	Tue	6:03	3.2	6:36	4.0	12:03	1.1	11:51 AM	0.7	6:29	7:36	
30	Wed	6:49	3.4	7:19	4.2	12:48	1.0	12:39	0.6	6:30	7:35	
31	Thu	7:33	3.6	8:00	4.3	1:27	0.8	1:24	0.5	6:31	7:33	