

Metompkin Inlet, VA - Sep 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:15	3.8	8:40	4.4	2:03	0.6	2:06	0.3	6:32	7:32	
2	Sat	8:56	4.0	9:19	4.5	2:39	0.5	2:46	0.3	6:33	7:30	
3	Sun	9:36	4.2	9:57	4.5	3:15	0.4	3:27	0.2	6:34	7:29	
4	Mon	10:16	4.3	10:36	4.4	3:51	0.3	4:08	0.3	6:34	7:27	
5	Tue	10:57	4.4	11:16	4.3	4:29	0.3	4:51	0.4	6:35	7:26	
6	Wed	11:39	4.5	11:57	4.1	5:09	0.4	5:37	0.5	6:36	7:24	
7	Thu			12:24	4.5	5:51	0.4	6:28	0.6	6:37	7:23	
8	Fri	12:42	3.9	1:13	4.5	6:39	0.5	7:23	0.8	6:38	7:21	
9	Sat	1:32	3.7	2:09	4.4	7:32	0.5	8:23	0.8	6:39	7:20	
10	Sun	2:30	3.6	3:11	4.4	8:30	0.5	9:26	0.8	6:39	7:18	
11	Mon	3:35	3.5	4:17	4.5	9:32	0.4	10:30	0.7	6:40	7:17	
12	Tue	4:42	3.6	5:22	4.7	10:36	0.3	11:32	0.4	6:41	7:15	
13	Wed	5:46	3.8	6:22	4.8	11:40	0.0			6:42	7:14	
14	Thu	6:45	4.1	7:17	4.9	12:31	0.1	12:41	-0.3	6:43	7:12	
15	Fri	7:39	4.4	8:09	4.9	1:24	-0.2	1:38	-0.5	6:44	7:11	
16	Sat	8:31	4.6	8:58	4.9	2:13	-0.4	2:31	-0.6	6:44	7:09	
17	Sun	9:21	4.8	9:46	4.7	2:59	-0.5	3:22	-0.6	6:45	7:07	
18	Mon	10:09	4.8	10:32	4.5	3:44	-0.5	4:11	-0.5	6:46	7:06	
19	Tue	10:56	4.8	11:18	4.2	4:28	-0.4	5:00	-0.2	6:47	7:04	
20	Wed	11:43	4.6			5:12	-0.1	5:50	0.1	6:48	7:03	
21	Thu	12:03	3.9	12:30	4.4	5:58	0.2	6:41	0.5	6:49	7:01	
22	Fri	12:50	3.6	1:19	4.2	6:46	0.5	7:35	0.8	6:50	7:00	
23	Sat	1:39	3.3	2:12	4.0	7:36	0.8	8:31	1.1	6:50	6:58	
24	Sun	2:33	3.1	3:10	3.8	8:30	1.0	9:28	1.2	6:51	6:57	
25	Mon	3:33	3.1	4:11	3.8	9:26	1.1	10:24	1.3	6:52	6:55	
26	Tue	4:34	3.1	5:08	3.8	10:22	1.1	11:17	1.2	6:53	6:54	
27	Wed	5:30	3.3	5:59	4.0	11:17	1.0			6:54	6:52	
28	Thu	6:18	3.6	6:44	4.1	12:03	1.1	12:08	0.9	6:55	6:50	
29	Fri	7:03	3.8	7:26	4.3	12:45	0.9	12:55	0.7	6:56	6:49	
30	Sat	7:44	4.1	8:06	4.4	1:24	0.7	1:39	0.5	6:56	6:47	