

Metompkin Inlet, VA - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:26	4.4	8:47	4.4	2:02	0.5	2:21	0.3	6:57	6:46	
2	Mon	9:07	4.6	9:27	4.4	2:40	0.3	3:04	0.2	6:58	6:44	
3	Tue	9:48	4.8	10:08	4.4	3:18	0.2	3:46	0.2	6:59	6:43	
4	Wed	10:31	4.9	10:51	4.2	3:58	0.2	4:31	0.2	7:00	6:41	
5	Thu	11:15	4.9	11:35	4.1	4:40	0.2	5:19	0.3	7:01	6:40	
6	Fri			12:02	4.9	5:25	0.3	6:11	0.5	7:02	6:38	
7	Sat	12:23	3.9	12:53	4.8	6:16	0.4	7:08	0.6	7:03	6:37	
8	Sun	1:16	3.7	1:50	4.6	7:12	0.5	8:08	0.7	7:04	6:35	
9	Mon	2:16	3.6	2:53	4.5	8:14	0.5	9:11	0.7	7:04	6:34	
10	Tue	3:22	3.5	3:59	4.4	9:18	0.5	10:13	0.6	7:05	6:32	
11	Wed	4:31	3.7	5:04	4.5	10:24	0.4	11:13	0.4	7:06	6:31	
12	Thu	5:35	3.9	6:04	4.5	11:29	0.2			7:07	6:30	
13	Fri	6:32	4.2	6:58	4.5	12:10	0.1	12:30	0.0	7:08	6:28	
14	Sat	7:25	4.5	7:48	4.5	1:01	-0.1	1:26	-0.2	7:09	6:27	
15	Sun	8:13	4.7	8:35	4.4	1:48	-0.3	2:18	-0.4	7:10	6:25	
16	Mon	9:00	4.8	9:21	4.3	2:32	-0.4	3:06	-0.4	7:11	6:24	
17	Tue	9:45	4.9	10:06	4.1	3:15	-0.4	3:52	-0.3	7:12	6:23	
18	Wed	10:30	4.8	10:50	3.9	3:57	-0.2	4:37	-0.1	7:13	6:21	
19	Thu	11:14	4.6	11:34	3.7	4:39	0.0	5:23	0.2	7:14	6:20	
20	Fri	11:59	4.4			5:22	0.3	6:11	0.5	7:15	6:19	
21	Sat	12:19	3.4	12:45	4.2	6:08	0.6	7:00	0.8	7:16	6:17	
22	Sun	1:06	3.2	1:34	4.0	6:57	0.8	7:52	1.0	7:17	6:16	
23	Mon	1:57	3.1	2:27	3.8	7:50	1.1	8:44	1.2	7:18	6:15	
24	Tue	2:54	3.1	3:24	3.7	8:45	1.2	9:37	1.2	7:19	6:13	
25	Wed	3:53	3.2	4:21	3.7	9:42	1.2	10:27	1.1	7:20	6:12	
26	Thu	4:51	3.3	5:14	3.8	10:37	1.1	11:14	1.0	7:21	6:11	
27	Fri	5:42	3.6	6:03	3.9	11:31	1.0	11:59	0.8	7:22	6:10	
28	Sat	6:28	3.9	6:47	4.0			12:22	0.7	7:23	6:09	
29	Sun	6:12	4.3	6:31	4.1	12:42	0.5	12:10	0.5	6:24	5:07	
30	Mon	6:55	4.6	7:14	4.2	12:24	0.3	12:56	0.2	6:25	5:06	
31	Tue	7:38	4.9	7:58	4.2	1:06	0.0	1:41	0.0	6:26	5:05	