

Metompkin Inlet, VA - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:22	5.0	8:42	4.2	1:48	-0.1	2:27	-0.1	6:27	5:04	●
2	Thu	9:08	5.1	9:29	4.1	2:31	-0.2	3:14	-0.1	6:28	5:03	●
3	Fri	9:55	5.1	10:17	4.0	3:16	-0.2	4:04	0.0	6:29	5:02	●
4	Sat	10:45	5.1	11:08	3.8	4:05	-0.1	4:57	0.1	6:30	5:01	◐
5	Sun	11:38	4.9			4:58	0.0	5:53	0.2	6:31	5:00	◐
6	Mon	12:03	3.7	12:34	4.6	5:57	0.2	6:53	0.3	6:32	4:59	◐
7	Tue	1:03	3.6	1:35	4.4	7:00	0.3	7:53	0.3	6:33	4:58	◐
8	Wed	2:10	3.5	2:40	4.2	8:06	0.4	8:53	0.2	6:34	4:57	◐
9	Thu	3:18	3.7	3:44	4.1	9:12	0.3	9:51	0.1	6:35	4:56	◐
10	Fri	4:22	3.9	4:44	4.0	10:18	0.2	10:46	-0.1	6:36	4:55	◐
11	Sat	5:19	4.1	5:38	3.9	11:19	0.1	11:36	-0.2	6:38	4:54	○
12	Sun	6:09	4.4	6:27	3.9			12:15	-0.1	6:39	4:54	○
13	Mon	6:56	4.6	7:13	3.8	12:23	-0.3	1:05	-0.2	6:40	4:53	○
14	Tue	7:40	4.6	7:57	3.7	1:07	-0.4	1:50	-0.2	6:41	4:52	○
15	Wed	8:23	4.7	8:40	3.6	1:48	-0.3	2:33	-0.2	6:42	4:51	○
16	Thu	9:05	4.6	9:23	3.5	2:29	-0.2	3:15	0.0	6:43	4:51	○
17	Fri	9:48	4.5	10:06	3.4	3:09	-0.1	3:58	0.2	6:44	4:50	○
18	Sat	10:30	4.3	10:49	3.3	3:51	0.2	4:41	0.4	6:45	4:49	○
19	Sun	11:14	4.1	11:34	3.1	4:34	0.4	5:26	0.6	6:46	4:49	○
20	Mon	11:59	3.9			5:21	0.6	6:13	0.8	6:47	4:48	○
21	Tue	12:22	3.1	12:47	3.8	6:11	0.9	7:01	0.9	6:48	4:47	○
22	Wed	1:14	3.0	1:38	3.6	7:04	1.0	7:49	0.9	6:49	4:47	○
23	Thu	2:10	3.1	2:31	3.5	7:59	1.1	8:37	0.9	6:50	4:46	◐
24	Fri	3:07	3.3	3:26	3.5	8:55	1.0	9:25	0.7	6:51	4:46	◐
25	Sat	4:01	3.6	4:18	3.6	9:51	0.9	10:13	0.5	6:52	4:46	◐
26	Sun	4:51	3.9	5:07	3.7	10:46	0.7	11:00	0.2	6:53	4:45	◐
27	Mon	5:39	4.2	5:55	3.8	11:39	0.4	11:47	0.0	6:54	4:45	◐
28	Tue	6:25	4.6	6:42	3.9			12:30	0.1	6:55	4:44	◐
29	Wed	7:12	4.9	7:30	3.9	12:34	-0.3	1:19	-0.2	6:56	4:44	◐
30	Thu	8:00	5.1	8:19	3.9	1:21	-0.5	2:08	-0.4	6:57	4:44	●