

Metompkin Inlet, VA - Dec 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:49	5.2	9:09	3.9	2:08	-0.7	2:57	-0.5	6:58	4:44	
2	Sat	9:39	5.2	10:00	3.8	2:57	-0.7	3:48	-0.5	6:59	4:44	
3	Sun	10:30	5.1	10:53	3.7	3:49	-0.7	4:41	-0.4	7:00	4:43	
4	Mon	11:22	4.8	11:49	3.6	4:44	-0.5	5:36	-0.3	7:01	4:43	
5	Tue			12:17	4.5	5:43	-0.3	6:34	-0.2	7:02	4:43	
6	Wed	12:48	3.6	1:15	4.1	6:45	-0.1	7:31	-0.2	7:03	4:43	
7	Thu	1:52	3.5	2:17	3.8	7:51	0.1	8:29	-0.1	7:04	4:43	
8	Fri	2:59	3.6	3:20	3.6	8:57	0.2	9:25	-0.2	7:04	4:43	
9	Sat	4:04	3.7	4:20	3.4	10:03	0.2	10:19	-0.2	7:05	4:43	
10	Sun	5:02	3.9	5:15	3.3	11:06	0.1	11:11	-0.3	7:06	4:43	
11	Mon	5:52	4.1	6:05	3.3			12:03	0.0	7:07	4:44	
12	Tue	6:38	4.2	6:50	3.2			12:51	-0.1	7:08	4:44	
13	Wed	7:21	4.3	7:34	3.2	12:43	-0.4	1:35	-0.1	7:08	4:44	
14	Thu	8:02	4.3	8:16	3.2	1:24	-0.4	2:15	-0.1	7:09	4:44	
15	Fri	8:44	4.3	8:58	3.2	2:04	-0.4	2:54	-0.1	7:10	4:44	
16	Sat	9:24	4.3	9:40	3.2	2:44	-0.3	3:32	0.0	7:10	4:45	
17	Sun	10:05	4.2	10:22	3.1	3:24	-0.1	4:12	0.1	7:11	4:45	
18	Mon	10:46	4.0	11:05	3.1	4:05	0.1	4:53	0.3	7:12	4:45	
19	Tue	11:27	3.8	11:49	3.1	4:49	0.3	5:35	0.4	7:12	4:46	
20	Wed			12:10	3.7	5:35	0.5	6:19	0.5	7:13	4:46	
21	Thu	12:36	3.0	12:55	3.5	6:25	0.7	7:04	0.5	7:13	4:47	
22	Fri	1:27	3.1	1:44	3.3	7:18	0.8	7:50	0.5	7:14	4:47	
23	Sat	2:21	3.2	2:37	3.3	8:14	0.8	8:39	0.4	7:14	4:48	
24	Sun	3:17	3.5	3:33	3.2	9:12	0.7	9:29	0.2	7:15	4:48	
25	Mon	4:12	3.8	4:28	3.3	10:11	0.5	10:21	0.0	7:15	4:49	
26	Tue	5:06	4.1	5:21	3.4	11:09	0.2	11:14	-0.3	7:15	4:50	
27	Wed	5:57	4.5	6:14	3.5			12:05	-0.1	7:16	4:50	
28	Thu	6:48	4.8	7:06	3.7	12:07	-0.7	12:58	-0.4	7:16	4:51	
29	Fri	7:40	5.0	7:58	3.8	12:58	-1.0	1:49	-0.7	7:16	4:52	
30	Sat	8:31	5.1	8:51	3.8	1:50	-1.2	2:40	-0.9	7:17	4:52	
31	Sun	9:23	5.1	9:45	3.8	2:41	-1.2	3:31	-0.9	7:17	4:53	