

Metompkin Inlet, VA - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:15	5.0	10:39	3.8	3:35	-1.2	4:24	-0.9	7:17	4:54	
2	Tue	11:07	4.7	11:33	3.7	4:30	-1.0	5:18	-0.8	7:17	4:55	
3	Wed			12:00	4.3	5:28	-0.7	6:12	-0.7	7:17	4:55	
4	Thu	12:30	3.6	12:54	3.9	6:29	-0.4	7:07	-0.5	7:17	4:56	
5	Fri	1:31	3.5	1:52	3.5	7:32	-0.1	8:02	-0.4	7:17	4:57	
6	Sat	2:35	3.5	2:53	3.2	8:37	0.1	8:58	-0.3	7:17	4:58	
7	Sun	3:41	3.5	3:54	3.0	9:44	0.2	9:53	-0.2	7:17	4:59	
8	Mon	4:41	3.6	4:51	2.9	10:49	0.2	10:46	-0.2	7:17	5:00	
9	Tue	5:33	3.7	5:42	2.8	11:47	0.1	11:35	-0.3	7:17	5:01	
10	Wed	6:20	3.8	6:28	2.9			12:36	0.1	7:17	5:02	
11	Thu	7:02	3.9	7:11	2.9	12:21	-0.3	1:17	0.0	7:17	5:03	
12	Fri	7:43	4.0	7:53	3.0	1:03	-0.4	1:55	-0.1	7:17	5:04	
13	Sat	8:23	4.0	8:35	3.1	1:43	-0.4	2:31	-0.1	7:16	5:05	
14	Sun	9:03	4.1	9:16	3.1	2:22	-0.4	3:07	-0.1	7:16	5:06	
15	Mon	9:42	4.0	9:56	3.2	3:01	-0.3	3:44	0.0	7:16	5:07	
16	Tue	10:21	3.9	10:37	3.2	3:41	-0.2	4:21	0.1	7:16	5:08	
17	Wed	10:59	3.8	11:18	3.2	4:22	0.0	5:00	0.2	7:15	5:09	
18	Thu	11:38	3.6			5:06	0.2	5:41	0.2	7:15	5:10	
19	Fri	12:01	3.2	12:20	3.4	5:53	0.4	6:24	0.3	7:14	5:11	
20	Sat	12:48	3.2	1:05	3.3	6:44	0.5	7:10	0.3	7:14	5:12	
21	Sun	1:40	3.3	1:57	3.1	7:40	0.6	8:00	0.2	7:13	5:13	
22	Mon	2:37	3.5	2:55	3.1	8:39	0.5	8:53	0.1	7:13	5:14	
23	Tue	3:37	3.7	3:55	3.1	9:41	0.4	9:50	-0.2	7:12	5:15	
24	Wed	4:37	4.0	4:54	3.2	10:43	0.1	10:48	-0.5	7:12	5:16	
25	Thu	5:34	4.4	5:51	3.4	11:43	-0.2	11:45	-0.8	7:11	5:17	
26	Fri	6:29	4.7	6:47	3.6			12:39	-0.5	7:10	5:18	
27	Sat	7:22	4.9	7:41	3.7	12:41	-1.1	1:32	-0.9	7:10	5:20	
28	Sun	8:15	5.0	8:34	3.9	1:35	-1.4	2:22	-1.1	7:09	5:21	
29	Mon	9:07	5.0	9:27	4.0	2:28	-1.5	3:12	-1.2	7:08	5:22	
30	Tue	9:57	4.8	10:20	4.0	3:21	-1.5	4:02	-1.2	7:08	5:23	
31	Wed	10:47	4.5	11:12	3.9	4:15	-1.3	4:52	-1.0	7:07	5:24	