

Metompkin Inlet, VA - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:25	4.3	10:48	4.3	3:58	-1.2	4:23	-1.0	6:34	5:55	
2	Fri	11:13	3.9	11:39	4.1	4:51	-0.9	5:11	-0.7	6:32	5:56	
3	Sat			12:01	3.5	5:46	-0.5	6:02	-0.4	6:31	5:57	
4	Sun	12:31	3.8	12:52	3.1	6:43	-0.1	6:54	-0.1	6:29	5:58	
5	Mon	1:26	3.6	1:47	2.8	7:42	0.2	7:49	0.1	6:28	5:59	
6	Tue	2:27	3.4	2:48	2.7	8:44	0.5	8:46	0.3	6:27	6:00	
7	Wed	3:32	3.3	3:51	2.6	9:47	0.6	9:44	0.4	6:25	6:01	
8	Thu	4:33	3.4	4:48	2.7	10:46	0.6	10:40	0.3	6:24	6:02	
9	Fri	5:26	3.5	5:37	2.9	11:36	0.6	11:31	0.2	6:22	6:03	
10	Sat	6:11	3.6	6:21	3.1			12:18	0.4	6:21	6:04	
11	Sun	6:52	3.7	7:03	3.4	12:17	0.0	12:54	0.3	6:19	6:05	
12	Mon	7:31	3.9	7:43	3.6	12:58	-0.1	1:29	0.2	6:18	6:06	
13	Tue	8:09	3.9	8:23	3.8	1:38	-0.2	2:04	0.0	6:16	6:07	
14	Wed	8:48	4.0	9:02	3.9	2:17	-0.3	2:39	0.0	6:15	6:08	
15	Thu	9:25	3.9	9:41	4.0	2:56	-0.2	3:15	0.0	6:13	6:09	
16	Fri	10:03	3.8	10:21	4.0	3:36	-0.2	3:52	0.0	6:12	6:09	
17	Sat	10:42	3.7	11:02	4.0	4:18	0.0	4:32	0.1	6:10	6:10	
18	Sun	11:23	3.5	11:47	4.0	5:04	0.1	5:15	0.2	6:09	6:11	
19	Mon			12:09	3.4	5:55	0.3	6:04	0.2	6:07	6:12	
20	Tue	12:38	4.0	1:01	3.2	6:51	0.4	6:59	0.3	6:06	6:13	
21	Wed	1:36	4.0	2:02	3.1	7:51	0.4	8:00	0.2	6:04	6:14	
22	Thu	2:41	4.0	3:08	3.2	8:54	0.4	9:04	0.1	6:03	6:15	
23	Fri	3:47	4.1	4:13	3.4	9:57	0.2	10:08	-0.2	6:01	6:16	
24	Sat	4:50	4.3	5:15	3.7	10:58	-0.1	11:12	-0.5	6:00	6:17	
25	Sun	5:49	4.4	6:12	4.0	11:55	-0.4			5:58	6:18	
26	Mon	6:43	4.5	7:05	4.3	12:12	-0.8	12:47	-0.7	5:57	6:19	
27	Tue	7:35	4.5	7:57	4.5	1:07	-1.1	1:35	-0.9	5:55	6:20	
28	Wed	8:25	4.4	8:47	4.6	2:00	-1.2	2:21	-1.0	5:54	6:20	
29	Thu	9:13	4.3	9:35	4.6	2:50	-1.2	3:07	-0.9	5:52	6:21	
30	Fri	10:00	4.0	10:23	4.5	3:40	-1.0	3:52	-0.7	5:51	6:22	
31	Sat	10:47	3.7	11:10	4.3	4:30	-0.7	4:39	-0.4	5:49	6:23	