

Metompkin Inlet, VA - May 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:29	4.2	12:53	3.1	6:45	0.2	6:43	0.4	6:07	7:51	
2	Wed	1:17	3.9	1:43	3.0	7:35	0.5	7:35	0.7	6:05	7:52	
3	Thu	2:08	3.7	2:36	2.9	8:26	0.7	8:30	0.8	6:04	7:53	
4	Fri	3:03	3.5	3:34	3.0	9:17	0.8	9:26	0.9	6:03	7:54	
5	Sat	4:00	3.4	4:32	3.1	10:07	0.9	10:22	0.9	6:02	7:55	
6	Sun	4:56	3.4	5:25	3.3	10:55	0.8	11:17	0.8	6:01	7:56	
7	Mon	5:46	3.5	6:13	3.6	11:41	0.7			6:00	7:57	
8	Tue	6:33	3.6	6:57	3.9	12:09	0.6	12:25	0.5	5:59	7:58	
9	Wed	7:17	3.7	7:40	4.2	12:57	0.4	1:07	0.3	5:58	7:59	
10	Thu	8:00	3.8	8:22	4.5	1:43	0.2	1:49	0.1	5:57	8:00	
11	Fri	8:44	3.8	9:05	4.7	2:27	0.0	2:30	0.0	5:56	8:00	
12	Sat	9:28	3.8	9:49	4.8	3:11	-0.1	3:13	-0.1	5:55	8:01	
13	Sun	10:12	3.8	10:35	4.9	3:56	-0.2	3:56	-0.2	5:54	8:02	
14	Mon	10:59	3.8	11:22	4.9	4:43	-0.2	4:43	-0.1	5:53	8:03	
15	Tue	11:47	3.7			5:33	-0.1	5:33	0.0	5:52	8:04	
16	Wed	12:11	4.8	12:38	3.6	6:26	0.0	6:28	0.1	5:52	8:05	
17	Thu	1:04	4.6	1:34	3.5	7:21	0.0	7:28	0.2	5:51	8:06	
18	Fri	2:01	4.4	2:35	3.5	8:19	0.1	8:31	0.2	5:50	8:07	
19	Sat	3:02	4.1	3:40	3.6	9:17	0.1	9:36	0.2	5:49	8:07	
20	Sun	4:05	4.0	4:45	3.8	10:14	0.0	10:42	0.1	5:48	8:08	
21	Mon	5:08	3.9	5:45	4.1	11:10	-0.1	11:46	0.0	5:48	8:09	
22	Tue	6:06	3.8	6:39	4.3			12:04	-0.3	5:47	8:10	
23	Wed	7:00	3.7	7:30	4.5	12:46	-0.2	12:55	-0.4	5:46	8:11	
24	Thu	7:50	3.7	8:18	4.6	1:41	-0.3	1:43	-0.5	5:46	8:11	
25	Fri	8:38	3.6	9:04	4.7	2:31	-0.4	2:28	-0.5	5:45	8:12	
26	Sat	9:25	3.5	9:49	4.7	3:18	-0.4	3:12	-0.4	5:45	8:13	
27	Sun	10:10	3.5	10:33	4.6	4:02	-0.3	3:55	-0.3	5:44	8:14	
28	Mon	10:55	3.4	11:17	4.4	4:46	-0.2	4:39	0.0	5:44	8:14	
29	Tue	11:39	3.3			5:30	0.1	5:23	0.2	5:43	8:15	
30	Wed	12:00	4.2	12:24	3.2	6:14	0.3	6:10	0.5	5:43	8:16	
31	Thu	12:45	4.0	1:11	3.1	7:00	0.5	6:59	0.7	5:42	8:17	