

Metompkin Inlet, VA - Jun 1979

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