

Metompkin Inlet, VA - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:41	3.7	2:12	3.3	7:48	0.7	8:05	1.0	5:44	8:28	
2	Mon	2:28	3.5	3:04	3.4	8:33	0.7	8:58	1.0	5:44	8:27	
3	Tue	3:19	3.4	3:58	3.6	9:19	0.7	9:54	1.0	5:45	8:27	
4	Wed	4:13	3.3	4:52	3.9	10:07	0.6	10:51	0.9	5:45	8:27	
5	Thu	5:07	3.3	5:44	4.2	10:58	0.4	11:48	0.7	5:46	8:27	
6	Fri	6:00	3.4	6:35	4.5	11:50	0.2			5:46	8:27	
7	Sat	6:53	3.5	7:25	4.8	12:43	0.4	12:42	-0.1	5:47	8:27	
8	Sun	7:44	3.7	8:16	5.1	1:36	0.1	1:34	-0.3	5:47	8:26	
9	Mon	8:36	3.8	9:06	5.2	2:27	-0.2	2:25	-0.6	5:48	8:26	
10	Tue	9:28	4.0	9:57	5.3	3:17	-0.4	3:17	-0.7	5:49	8:26	
11	Wed	10:20	4.1	10:48	5.2	4:06	-0.6	4:09	-0.7	5:49	8:25	
12	Thu	11:13	4.1	11:39	5.0	4:57	-0.6	5:03	-0.6	5:50	8:25	
13	Fri			12:07	4.1	5:48	-0.6	6:00	-0.4	5:51	8:25	
14	Sat	12:31	4.7	1:02	4.1	6:41	-0.5	7:00	-0.2	5:51	8:24	
15	Sun	1:24	4.3	2:00	4.0	7:34	-0.3	8:02	0.1	5:52	8:24	
16	Mon	2:20	3.9	3:01	4.0	8:29	-0.2	9:06	0.3	5:53	8:23	
17	Tue	3:19	3.6	4:05	4.0	9:24	-0.1	10:12	0.4	5:53	8:23	
18	Wed	4:22	3.3	5:08	4.1	10:20	0.0	11:18	0.4	5:54	8:22	
19	Thu	5:22	3.2	6:05	4.1	11:15	0.1			5:55	8:21	
20	Fri	6:18	3.1	6:56	4.2	12:20	0.4	12:08	0.1	5:56	8:21	
21	Sat	7:08	3.1	7:42	4.3	1:14	0.3	12:59	0.0	5:56	8:20	
22	Sun	7:54	3.2	8:24	4.4	2:00	0.3	1:45	0.0	5:57	8:19	
23	Mon	8:38	3.3	9:06	4.4	2:40	0.2	2:27	0.0	5:58	8:19	
24	Tue	9:20	3.4	9:46	4.4	3:17	0.2	3:08	0.0	5:59	8:18	
25	Wed	10:02	3.5	10:26	4.3	3:54	0.2	3:48	0.1	5:59	8:17	
26	Thu	10:43	3.5	11:05	4.2	4:30	0.3	4:28	0.2	6:00	8:16	
27	Fri	11:24	3.6	11:44	4.1	5:07	0.4	5:10	0.4	6:01	8:16	
28	Sat			12:06	3.6	5:45	0.5	5:53	0.6	6:02	8:15	
29	Sun	12:23	3.9	12:48	3.6	6:24	0.6	6:39	0.8	6:03	8:14	
30	Mon	1:04	3.7	1:33	3.6	7:06	0.7	7:29	1.0	6:04	8:13	
31	Tue	1:48	3.6	2:22	3.7	7:50	0.7	8:22	1.1	6:04	8:12	