

Metompkin Inlet, VA - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:36	3.4	3:16	3.8	8:37	0.7	9:18	1.1	6:05	8:11	
2	Thu	3:31	3.3	4:13	4.0	9:28	0.6	10:17	1.0	6:06	8:10	
3	Fri	4:30	3.3	5:11	4.3	10:22	0.5	11:17	0.8	6:07	8:09	
4	Sat	5:29	3.4	6:07	4.6	11:19	0.2			6:08	8:08	
5	Sun	6:25	3.6	7:01	4.9	12:16	0.5	12:17	-0.1	6:09	8:07	
6	Mon	7:20	3.8	7:54	5.2	1:12	0.1	1:13	-0.4	6:09	8:06	
7	Tue	8:14	4.1	8:46	5.3	2:04	-0.2	2:07	-0.7	6:10	8:05	
8	Wed	9:07	4.3	9:38	5.3	2:55	-0.5	3:00	-0.8	6:11	8:04	
9	Thu	10:00	4.4	10:29	5.2	3:44	-0.7	3:54	-0.9	6:12	8:03	
10	Fri	10:53	4.5	11:19	5.0	4:33	-0.7	4:48	-0.8	6:13	8:02	
11	Sat	11:46	4.5			5:22	-0.7	5:44	-0.5	6:14	8:00	
12	Sun	12:10	4.6	12:40	4.5	6:13	-0.5	6:42	-0.2	6:15	7:59	
13	Mon	1:01	4.2	1:35	4.3	7:06	-0.3	7:43	0.1	6:15	7:58	
14	Tue	1:56	3.8	2:35	4.2	8:00	0.0	8:47	0.4	6:16	7:57	
15	Wed	2:54	3.4	3:38	4.1	8:56	0.2	9:52	0.6	6:17	7:56	
16	Thu	3:57	3.2	4:44	4.0	9:53	0.3	10:59	0.7	6:18	7:54	
17	Fri	5:01	3.1	5:44	4.0	10:51	0.4			6:19	7:53	
18	Sat	5:59	3.1	6:36	4.1	12:01	0.7	11:47 AM	0.4	6:20	7:52	
19	Sun	6:49	3.2	7:21	4.2	12:54	0.7	12:38	0.4	6:21	7:50	
20	Mon	7:33	3.3	8:02	4.3	1:37	0.6	1:24	0.3	6:21	7:49	
21	Tue	8:14	3.5	8:41	4.3	2:14	0.5	2:06	0.2	6:22	7:48	
22	Wed	8:55	3.7	9:20	4.4	2:48	0.4	2:46	0.2	6:23	7:46	
23	Thu	9:35	3.8	9:58	4.4	3:22	0.4	3:25	0.2	6:24	7:45	
24	Fri	10:15	3.9	10:36	4.3	3:56	0.4	4:03	0.3	6:25	7:44	
25	Sat	10:54	4.0	11:13	4.2	4:31	0.4	4:43	0.4	6:26	7:42	
26	Sun	11:34	4.0	11:51	4.0	5:07	0.5	5:25	0.6	6:27	7:41	
27	Mon			12:14	4.0	5:45	0.6	6:09	0.8	6:27	7:39	
28	Tue	12:31	3.8	12:57	4.0	6:26	0.7	6:58	1.0	6:28	7:38	
29	Wed	1:13	3.6	1:44	4.0	7:10	0.8	7:51	1.1	6:29	7:37	
30	Thu	2:01	3.5	2:39	4.1	8:00	0.8	8:49	1.1	6:30	7:35	
31	Fri	2:58	3.4	3:39	4.2	8:55	0.8	9:49	1.0	6:31	7:34	