

Metompkin Inlet, VA - Sep 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:00	3.4	4:41	4.4	9:54	0.6	10:51	0.8	6:32	7:32	
2	Sun	5:03	3.5	5:42	4.7	10:55	0.4	11:51	0.5	6:33	7:31	
3	Mon	6:04	3.8	6:39	4.9	11:56	0.0			6:33	7:29	
4	Tue	7:00	4.1	7:33	5.1	12:48	0.2	12:55	-0.3	6:34	7:28	
5	Wed	7:55	4.4	8:25	5.2	1:40	-0.2	1:51	-0.6	6:35	7:26	
6	Thu	8:48	4.7	9:17	5.2	2:30	-0.5	2:45	-0.8	6:36	7:25	
7	Fri	9:40	4.9	10:07	5.1	3:19	-0.7	3:38	-0.8	6:37	7:23	
8	Sat	10:32	5.0	10:57	4.8	4:06	-0.7	4:31	-0.7	6:38	7:22	
9	Sun	11:23	4.9	11:46	4.5	4:54	-0.6	5:26	-0.4	6:38	7:20	
10	Mon			12:15	4.8	5:44	-0.4	6:22	-0.1	6:39	7:19	
11	Tue	12:37	4.1	1:08	4.6	6:35	-0.1	7:21	0.3	6:40	7:17	
12	Wed	1:29	3.7	2:05	4.3	7:29	0.2	8:23	0.6	6:41	7:16	
13	Thu	2:26	3.3	3:06	4.1	8:26	0.5	9:27	0.8	6:42	7:14	
14	Fri	3:29	3.1	4:12	4.0	9:25	0.7	10:31	1.0	6:43	7:13	
15	Sat	4:35	3.1	5:15	3.9	10:24	0.8	11:32	1.0	6:43	7:11	
16	Sun	5:35	3.2	6:08	4.0	11:22	0.8			6:44	7:09	
17	Mon	6:25	3.3	6:53	4.1	12:23	0.9	12:15	0.7	6:45	7:08	
18	Tue	7:08	3.5	7:33	4.2	1:04	0.8	1:01	0.6	6:46	7:06	
19	Wed	7:48	3.8	8:12	4.3	1:39	0.7	1:43	0.5	6:47	7:05	
20	Thu	8:27	4.0	8:50	4.3	2:13	0.6	2:22	0.4	6:48	7:03	
21	Fri	9:07	4.2	9:28	4.3	2:47	0.5	3:01	0.3	6:48	7:02	
22	Sat	9:45	4.3	10:06	4.2	3:21	0.4	3:39	0.4	6:49	7:00	
23	Sun	10:24	4.4	10:44	4.1	3:56	0.5	4:19	0.5	6:50	6:59	
24	Mon	11:04	4.4	11:22	4.0	4:32	0.5	5:00	0.6	6:51	6:57	
25	Tue	11:44	4.4			5:10	0.6	5:45	0.8	6:52	6:55	
26	Wed	12:02	3.8	12:27	4.4	5:51	0.7	6:33	0.9	6:53	6:54	
27	Thu	12:46	3.7	1:15	4.4	6:38	0.8	7:27	1.0	6:54	6:52	
28	Fri	1:35	3.5	2:09	4.3	7:31	0.9	8:26	1.0	6:54	6:51	
29	Sat	2:33	3.4	3:11	4.4	8:30	0.8	9:26	1.0	6:55	6:49	
30	Sun	3:38	3.5	4:16	4.5	9:32	0.7	10:28	0.8	6:56	6:48	