

Metompkin Inlet, VA - Oct 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:44	3.7	5:19	4.6	10:36	0.5	11:27	0.5	6:57	6:46	
2	Tue	5:46	4.0	6:17	4.8	11:39	0.1			6:58	6:45	
3	Wed	6:43	4.3	7:12	4.9	12:23	0.1	12:40	-0.2	6:59	6:43	
4	Thu	7:37	4.7	8:04	5.0	1:16	-0.2	1:37	-0.5	7:00	6:42	
5	Fri	8:29	5.0	8:54	4.9	2:05	-0.5	2:31	-0.7	7:01	6:40	
6	Sat	9:19	5.2	9:44	4.7	2:52	-0.7	3:23	-0.7	7:02	6:39	
7	Sun	10:10	5.2	10:33	4.5	3:39	-0.7	4:15	-0.6	7:02	6:37	
8	Mon	10:59	5.1	11:22	4.2	4:26	-0.5	5:07	-0.3	7:03	6:36	
9	Tue	11:49	4.9			5:14	-0.3	6:00	0.0	7:04	6:34	
10	Wed	12:11	3.8	12:40	4.6	6:04	0.1	6:56	0.3	7:05	6:33	
11	Thu	1:02	3.5	1:33	4.3	6:57	0.4	7:54	0.7	7:06	6:31	
12	Fri	1:56	3.3	2:30	4.0	7:53	0.7	8:54	0.9	7:07	6:30	
13	Sat	2:56	3.1	3:31	3.9	8:51	0.9	9:54	1.0	7:08	6:28	
14	Sun	4:01	3.1	4:33	3.8	9:51	1.0	10:49	1.1	7:09	6:27	
15	Mon	5:02	3.2	5:29	3.8	10:49	1.0	11:38	1.0	7:10	6:26	
16	Tue	5:53	3.4	6:16	3.9	11:43	0.9			7:11	6:24	
17	Wed	6:38	3.7	6:58	4.0	12:20	0.9	12:31	0.8	7:12	6:23	
18	Thu	7:18	3.9	7:38	4.1	12:58	0.7	1:15	0.6	7:13	6:22	
19	Fri	7:58	4.2	8:17	4.1	1:34	0.6	1:56	0.5	7:14	6:20	
20	Sat	8:37	4.4	8:56	4.1	2:10	0.4	2:36	0.4	7:15	6:19	
21	Sun	9:17	4.6	9:35	4.1	2:46	0.3	3:16	0.3	7:16	6:18	
22	Mon	9:56	4.7	10:15	4.0	3:22	0.3	3:57	0.3	7:17	6:16	
23	Tue	10:37	4.7	10:56	3.9	4:00	0.3	4:39	0.4	7:18	6:15	
24	Wed	11:19	4.7	11:39	3.7	4:41	0.4	5:25	0.5	7:19	6:14	
25	Thu			12:04	4.7	5:24	0.5	6:14	0.6	7:20	6:12	
26	Fri	12:25	3.6	12:53	4.6	6:14	0.6	7:09	0.7	7:21	6:11	
27	Sat	1:17	3.5	1:47	4.5	7:09	0.7	8:06	0.7	7:22	6:10	
28	Sun	1:15	3.5	1:48	4.4	7:11	0.7	8:06	0.7	6:23	5:09	
29	Mon	2:20	3.5	2:53	4.3	8:15	0.6	9:05	0.5	6:24	5:08	
30	Tue	3:27	3.7	3:56	4.4	9:20	0.4	10:03	0.2	6:25	5:07	
31	Wed	4:29	4.0	4:55	4.4	10:25	0.2	10:59	-0.1	6:26	5:05	