

Metompkin Inlet, VA - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:26	4.4	5:50	4.4	11:26	-0.1	11:51	-0.4	6:27	5:04	
2	Fri	6:20	4.7	6:42	4.4			12:24	-0.4	6:28	5:03	
3	Sat	7:10	5.0	7:32	4.3	12:40	-0.6	1:18	-0.6	6:29	5:02	
4	Sun	8:00	5.1	8:21	4.2	1:27	-0.7	2:09	-0.6	6:30	5:01	
5	Mon	8:48	5.1	9:09	4.0	2:13	-0.7	2:58	-0.5	6:31	5:00	
6	Tue	9:36	5.0	9:57	3.8	2:59	-0.5	3:47	-0.3	6:32	4:59	
7	Wed	10:24	4.8	10:45	3.5	3:45	-0.3	4:37	0.0	6:33	4:58	
8	Thu	11:12	4.5	11:33	3.3	4:33	0.0	5:28	0.3	6:34	4:57	
9	Fri			12:00	4.2	5:24	0.3	6:21	0.5	6:35	4:56	
10	Sat	12:24	3.1	12:52	3.9	6:17	0.6	7:15	0.8	6:36	4:55	
11	Sun	1:19	3.0	1:47	3.7	7:13	0.9	8:08	0.9	6:37	4:55	
12	Mon	2:19	3.0	2:44	3.6	8:10	1.0	8:58	0.9	6:38	4:54	
13	Tue	3:19	3.1	3:40	3.5	9:08	1.0	9:45	0.9	6:39	4:53	
14	Wed	4:13	3.4	4:31	3.6	10:03	1.0	10:30	0.7	6:40	4:52	
15	Thu	5:01	3.6	5:17	3.6	10:55	0.8	11:12	0.6	6:42	4:51	
16	Fri	5:45	3.9	6:00	3.7	11:43	0.7	11:53	0.4	6:43	4:51	
17	Sat	6:27	4.2	6:42	3.8			12:27	0.5	6:44	4:50	
18	Sun	7:08	4.4	7:24	3.8	12:33	0.2	1:10	0.3	6:45	4:49	
19	Mon	7:49	4.6	8:06	3.8	1:13	0.1	1:53	0.2	6:46	4:49	
20	Tue	8:31	4.8	8:49	3.8	1:53	0.0	2:36	0.1	6:47	4:48	
21	Wed	9:14	4.8	9:33	3.7	2:34	-0.1	3:20	0.1	6:48	4:48	
22	Thu	9:59	4.8	10:20	3.6	3:18	-0.1	4:07	0.1	6:49	4:47	
23	Fri	10:46	4.8	11:08	3.5	4:05	0.0	4:58	0.2	6:50	4:47	
24	Sat	11:36	4.6			4:56	0.1	5:51	0.2	6:51	4:46	
25	Sun	12:01	3.5	12:29	4.4	5:53	0.2	6:47	0.2	6:52	4:46	
26	Mon	1:00	3.5	1:28	4.2	6:55	0.3	7:45	0.2	6:53	4:45	
27	Tue	2:04	3.5	2:30	4.0	8:00	0.3	8:42	0.0	6:54	4:45	
28	Wed	3:10	3.7	3:33	3.9	9:06	0.2	9:39	-0.1	6:55	4:45	
29	Thu	4:13	4.0	4:33	3.8	10:11	0.1	10:34	-0.3	6:56	4:44	
30	Fri	5:11	4.3	5:29	3.8	11:14	-0.1	11:27	-0.5	6:57	4:44	