

Metompkin Inlet, VA - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:04	4.5	6:21	3.7			12:12	-0.3	6:58	4:44	
2	Sun	6:54	4.7	7:11	3.7	12:17	-0.7	1:06	-0.5	6:59	4:44	
3	Mon	7:42	4.8	8:00	3.6	1:05	-0.8	1:55	-0.5	7:00	4:43	
4	Tue	8:29	4.8	8:47	3.5	1:51	-0.7	2:41	-0.5	7:01	4:43	
5	Wed	9:15	4.7	9:33	3.4	2:36	-0.6	3:27	-0.3	7:02	4:43	
6	Thu	10:00	4.5	10:19	3.3	3:20	-0.4	4:12	-0.2	7:02	4:43	
7	Fri	10:45	4.3	11:05	3.1	4:05	-0.2	4:58	0.1	7:03	4:43	
8	Sat	11:29	4.0	11:52	3.0	4:52	0.1	5:45	0.3	7:04	4:43	
9	Sun			12:15	3.8	5:41	0.4	6:32	0.5	7:05	4:43	
10	Mon	12:41	3.0	1:04	3.5	6:33	0.6	7:19	0.6	7:06	4:43	
11	Tue	1:35	3.0	1:55	3.4	7:27	0.8	8:06	0.6	7:07	4:43	
12	Wed	2:31	3.0	2:48	3.2	8:22	0.9	8:52	0.6	7:07	4:44	
13	Thu	3:27	3.2	3:42	3.2	9:18	0.9	9:39	0.5	7:08	4:44	
14	Fri	4:19	3.5	4:33	3.2	10:13	0.8	10:25	0.4	7:09	4:44	
15	Sat	5:08	3.7	5:21	3.3	11:06	0.6	11:11	0.2	7:09	4:44	
16	Sun	5:53	4.0	6:07	3.4	11:56	0.4	11:57	0.0	7:10	4:45	
17	Mon	6:38	4.3	6:53	3.5			12:43	0.1	7:11	4:45	
18	Tue	7:23	4.6	7:39	3.5	12:42	-0.3	1:30	-0.1	7:11	4:45	
19	Wed	8:08	4.8	8:25	3.6	1:27	-0.5	2:15	-0.3	7:12	4:46	
20	Thu	8:55	4.9	9:13	3.6	2:13	-0.6	3:02	-0.4	7:13	4:46	
21	Fri	9:42	4.9	10:02	3.6	3:00	-0.6	3:50	-0.4	7:13	4:47	
22	Sat	10:30	4.8	10:53	3.6	3:49	-0.6	4:40	-0.4	7:14	4:47	
23	Sun	11:20	4.6	11:46	3.6	4:42	-0.5	5:32	-0.4	7:14	4:48	
24	Mon			12:12	4.3	5:40	-0.3	6:26	-0.3	7:15	4:48	
25	Tue	12:43	3.6	1:07	4.0	6:41	-0.1	7:21	-0.3	7:15	4:49	
26	Wed	1:45	3.6	2:07	3.7	7:45	0.0	8:17	-0.3	7:15	4:49	
27	Thu	2:50	3.7	3:09	3.4	8:51	0.0	9:13	-0.4	7:16	4:50	
28	Fri	3:54	3.8	4:11	3.3	9:57	0.0	10:10	-0.5	7:16	4:51	
29	Sat	4:55	4.0	5:10	3.2	11:02	-0.1	11:05	-0.6	7:16	4:51	
30	Sun	5:49	4.2	6:03	3.2			12:02	-0.2	7:17	4:52	
31	Mon	6:39	4.3	6:53	3.2			12:54	-0.3	7:17	4:53	