

Metompkin Inlet, VA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:27	4.3	7:41	3.1	12:46	-0.7	1:42	-0.4	7:17	4:54	
2	Wed	8:12	4.4	8:26	3.1	1:32	-0.7	2:25	-0.4	7:17	4:54	
3	Thu	8:56	4.3	9:10	3.1	2:15	-0.7	3:07	-0.3	7:17	4:55	
4	Fri	9:38	4.2	9:54	3.1	2:58	-0.6	3:47	-0.2	7:17	4:56	
5	Sat	10:20	4.0	10:37	3.1	3:40	-0.4	4:28	-0.1	7:17	4:57	
6	Sun	11:01	3.9	11:20	3.0	4:23	-0.1	5:09	0.1	7:17	4:58	
7	Mon	11:43	3.6			5:08	0.1	5:51	0.2	7:17	4:59	
8	Tue	12:05	3.0	12:26	3.4	5:56	0.4	6:34	0.4	7:17	5:00	
9	Wed	12:53	3.0	1:12	3.2	6:46	0.6	7:18	0.4	7:17	5:00	
10	Thu	1:45	3.0	2:02	3.0	7:40	0.7	8:04	0.5	7:17	5:01	
11	Fri	2:40	3.1	2:56	2.9	8:35	0.8	8:52	0.4	7:17	5:02	
12	Sat	3:36	3.3	3:51	2.9	9:32	0.7	9:42	0.3	7:17	5:03	
13	Sun	4:29	3.6	4:44	3.0	10:30	0.6	10:34	0.1	7:17	5:04	
14	Mon	5:21	3.9	5:35	3.1	11:25	0.3	11:25	-0.2	7:16	5:05	
15	Tue	6:10	4.2	6:25	3.3			12:18	0.0	7:16	5:06	
16	Wed	6:59	4.5	7:15	3.4	12:16	-0.5	1:08	-0.3	7:16	5:07	
17	Thu	7:48	4.8	8:05	3.6	1:05	-0.8	1:56	-0.5	7:15	5:08	
18	Fri	8:37	4.9	8:55	3.7	1:55	-1.0	2:43	-0.7	7:15	5:09	
19	Sat	9:25	4.9	9:45	3.8	2:44	-1.1	3:31	-0.8	7:14	5:11	
20	Sun	10:14	4.8	10:37	3.8	3:35	-1.1	4:20	-0.9	7:14	5:12	
21	Mon	11:04	4.5	11:30	3.8	4:29	-1.0	5:11	-0.8	7:14	5:13	
22	Tue	11:55	4.2			5:26	-0.7	6:03	-0.7	7:13	5:14	
23	Wed	12:25	3.7	12:48	3.8	6:26	-0.5	6:57	-0.6	7:12	5:15	
24	Thu	1:24	3.7	1:45	3.4	7:29	-0.2	7:53	-0.5	7:12	5:16	
25	Fri	2:28	3.6	2:47	3.1	8:35	0.0	8:50	-0.4	7:11	5:17	
26	Sat	3:34	3.7	3:51	2.9	9:42	0.1	9:48	-0.4	7:11	5:18	
27	Sun	4:38	3.7	4:52	2.8	10:49	0.1	10:46	-0.4	7:10	5:19	
28	Mon	5:36	3.8	5:48	2.8	11:51	0.0	11:40	-0.5	7:09	5:20	
29	Tue	6:26	3.9	6:37	2.9			12:42	-0.1	7:08	5:21	
30	Wed	7:12	4.0	7:22	3.0	12:30	-0.5	1:26	-0.2	7:08	5:23	
31	Thu	7:55	4.0	8:05	3.1	1:15	-0.6	2:05	-0.3	7:07	5:24	