

## Metompkin Inlet, VA - Mar 1980

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 8:11  | 3.9 | 8:22  | 3.4 | 1:38  | -0.4 | 2:12  | -0.1 | 6:33                                                                                | 5:56 |    |
| 2    | Sun | 8:49  | 3.9 | 9:01  | 3.5 | 2:16  | -0.4 | 2:45  | -0.1 | 6:31                                                                                | 5:57 |    |
| 3    | Mon | 9:26  | 3.9 | 9:40  | 3.6 | 2:54  | -0.3 | 3:19  | 0.0  | 6:30                                                                                | 5:58 |    |
| 4    | Tue | 10:03 | 3.8 | 10:18 | 3.7 | 3:32  | -0.2 | 3:54  | 0.1  | 6:28                                                                                | 5:59 |    |
| 5    | Wed | 10:40 | 3.6 | 10:57 | 3.7 | 4:12  | 0.0  | 4:30  | 0.2  | 6:27                                                                                | 6:00 |    |
| 6    | Thu | 11:18 | 3.4 | 11:38 | 3.6 | 4:54  | 0.2  | 5:09  | 0.3  | 6:26                                                                                | 6:01 |    |
| 7    | Fri | 11:58 | 3.2 |       |     | 5:39  | 0.4  | 5:51  | 0.4  | 6:24                                                                                | 6:02 |    |
| 8    | Sat | 12:22 | 3.6 | 12:42 | 3.1 | 6:28  | 0.6  | 6:37  | 0.5  | 6:23                                                                                | 6:03 |    |
| 9    | Sun | 1:12  | 3.6 | 1:34  | 3.0 | 7:22  | 0.7  | 7:30  | 0.5  | 6:21                                                                                | 6:04 |    |
| 10   | Mon | 2:10  | 3.6 | 2:33  | 2.9 | 8:21  | 0.7  | 8:28  | 0.4  | 6:20                                                                                | 6:05 |    |
| 11   | Tue | 3:13  | 3.8 | 3:36  | 3.0 | 9:22  | 0.6  | 9:28  | 0.2  | 6:18                                                                                | 6:05 |    |
| 12   | Wed | 4:15  | 4.0 | 4:38  | 3.3 | 10:23 | 0.4  | 10:30 | -0.1 | 6:17                                                                                | 6:06 |   |
| 13   | Thu | 5:14  | 4.3 | 5:35  | 3.6 | 11:21 | 0.0  | 11:30 | -0.5 | 6:15                                                                                | 6:07 |  |
| 14   | Fri | 6:10  | 4.5 | 6:30  | 3.9 |       |      | 12:15 | -0.3 | 6:14                                                                                | 6:08 |  |
| 15   | Sat | 7:02  | 4.7 | 7:23  | 4.2 | 12:27 | -0.9 | 1:06  | -0.7 | 6:12                                                                                | 6:09 |  |
| 16   | Sun | 7:54  | 4.8 | 8:14  | 4.5 | 1:22  | -1.2 | 1:54  | -1.0 | 6:11                                                                                | 6:10 |  |
| 17   | Mon | 8:44  | 4.7 | 9:06  | 4.7 | 2:14  | -1.3 | 2:42  | -1.1 | 6:09                                                                                | 6:11 |  |
| 18   | Tue | 9:34  | 4.6 | 9:57  | 4.7 | 3:07  | -1.3 | 3:29  | -1.1 | 6:08                                                                                | 6:12 |  |
| 19   | Wed | 10:23 | 4.3 | 10:48 | 4.6 | 4:00  | -1.2 | 4:18  | -0.9 | 6:06                                                                                | 6:13 |  |
| 20   | Thu | 11:13 | 3.9 | 11:40 | 4.4 | 4:55  | -0.9 | 5:08  | -0.7 | 6:05                                                                                | 6:14 |  |
| 21   | Fri |       |     | 12:05 | 3.5 | 5:52  | -0.5 | 6:02  | -0.4 | 6:03                                                                                | 6:15 |  |
| 22   | Sat | 12:35 | 4.1 | 1:00  | 3.2 | 6:52  | -0.1 | 6:58  | -0.1 | 6:02                                                                                | 6:16 |  |
| 23   | Sun | 1:34  | 3.9 | 2:00  | 2.9 | 7:54  | 0.2  | 7:58  | 0.2  | 6:00                                                                                | 6:17 |  |
| 24   | Mon | 2:40  | 3.6 | 3:07  | 2.8 | 8:59  | 0.4  | 9:00  | 0.3  | 5:59                                                                                | 6:18 |  |
| 25   | Tue | 3:48  | 3.5 | 4:13  | 2.8 | 10:04 | 0.5  | 10:03 | 0.3  | 5:57                                                                                | 6:18 |  |
| 26   | Wed | 4:50  | 3.5 | 5:09  | 2.9 | 11:02 | 0.5  | 11:01 | 0.3  | 5:56                                                                                | 6:19 |  |
| 27   | Thu | 5:41  | 3.6 | 5:55  | 3.1 | 11:50 | 0.4  | 11:52 | 0.2  | 5:54                                                                                | 6:20 |  |
| 28   | Fri | 6:24  | 3.7 | 6:36  | 3.4 |       |      | 12:29 | 0.3  | 5:53                                                                                | 6:21 |  |
| 29   | Sat | 7:03  | 3.7 | 7:16  | 3.6 | 12:36 | 0.0  | 1:03  | 0.2  | 5:51                                                                                | 6:22 |  |
| 30   | Sun | 7:41  | 3.8 | 7:54  | 3.8 | 1:15  | -0.1 | 1:36  | 0.1  | 5:49                                                                                | 6:23 |  |
| 31   | Mon | 8:19  | 3.8 | 8:33  | 3.9 | 1:53  | -0.1 | 2:10  | 0.1  | 5:48                                                                                | 6:24 |  |