

Metompkin Inlet, VA - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:04	3.5	11:26	4.7	4:50	0.1	4:45	0.1	5:42	8:18	
2	Mon	11:50	3.5			5:37	0.1	5:33	0.2	5:41	8:18	
3	Tue	12:13	4.6	12:39	3.5	6:27	0.2	6:27	0.3	5:41	8:19	
4	Wed	1:02	4.5	1:32	3.5	7:19	0.2	7:25	0.4	5:41	8:20	
5	Thu	1:56	4.3	2:31	3.6	8:13	0.2	8:27	0.4	5:40	8:20	
6	Fri	2:54	4.1	3:33	3.7	9:08	0.1	9:30	0.3	5:40	8:21	
7	Sat	3:56	3.9	4:36	4.0	10:03	-0.1	10:35	0.2	5:40	8:21	
8	Sun	4:57	3.8	5:36	4.3	10:58	-0.2	11:40	0.0	5:40	8:22	
9	Mon	5:56	3.8	6:32	4.6	11:53	-0.4			5:40	8:23	
10	Tue	6:52	3.7	7:25	4.8	12:41	-0.2	12:46	-0.5	5:40	8:23	
11	Wed	7:45	3.7	8:16	4.9	1:39	-0.4	1:38	-0.6	5:40	8:24	
12	Thu	8:37	3.6	9:06	5.0	2:32	-0.5	2:27	-0.7	5:40	8:24	
13	Fri	9:28	3.6	9:55	4.9	3:22	-0.5	3:15	-0.6	5:40	8:24	
14	Sat	10:17	3.5	10:43	4.7	4:10	-0.5	4:03	-0.5	5:40	8:25	
15	Sun	11:05	3.4	11:29	4.5	4:57	-0.3	4:50	-0.2	5:40	8:25	
16	Mon	11:52	3.3			5:44	-0.1	5:39	0.0	5:40	8:26	
17	Tue	12:15	4.2	12:40	3.2	6:31	0.1	6:29	0.3	5:40	8:26	
18	Wed	1:01	4.0	1:29	3.2	7:18	0.3	7:21	0.6	5:40	8:26	
19	Thu	1:48	3.7	2:20	3.2	8:04	0.5	8:15	0.8	5:40	8:26	
20	Fri	2:38	3.5	3:14	3.2	8:50	0.6	9:09	0.9	5:40	8:27	
21	Sat	3:31	3.3	4:09	3.4	9:35	0.7	10:04	1.0	5:40	8:27	
22	Sun	4:24	3.2	5:02	3.6	10:20	0.7	10:59	1.0	5:41	8:27	
23	Mon	5:16	3.2	5:51	3.8	11:06	0.6	11:53	0.8	5:41	8:27	
24	Tue	6:05	3.2	6:37	4.1	11:52	0.5			5:41	8:27	
25	Wed	6:52	3.3	7:22	4.3	12:43	0.7	12:38	0.4	5:42	8:27	
26	Thu	7:38	3.4	8:06	4.6	1:30	0.5	1:24	0.2	5:42	8:28	
27	Fri	8:24	3.5	8:50	4.7	2:15	0.3	2:09	0.0	5:42	8:28	
28	Sat	9:09	3.6	9:36	4.9	2:59	0.1	2:53	-0.1	5:43	8:28	
29	Sun	9:56	3.6	10:21	4.9	3:44	0.0	3:39	-0.2	5:43	8:28	
30	Mon	10:43	3.7	11:08	4.9	4:30	-0.1	4:27	-0.2	5:44	8:28	