

Metompkin Inlet, VA - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:32	3.7	11:55	4.8	5:17	-0.1	5:18	-0.1	5:44	8:27	
2	Wed			12:22	3.8	6:06	-0.1	6:12	0.0	5:45	8:27	
3	Thu	12:45	4.6	1:16	3.8	6:57	-0.1	7:11	0.1	5:45	8:27	
4	Fri	1:37	4.3	2:13	3.9	7:50	-0.1	8:12	0.2	5:46	8:27	
5	Sat	2:33	4.0	3:14	4.0	8:43	-0.1	9:16	0.3	5:46	8:27	
6	Sun	3:33	3.7	4:17	4.1	9:38	-0.1	10:22	0.3	5:47	8:27	
7	Mon	4:35	3.5	5:19	4.3	10:34	-0.2	11:27	0.2	5:47	8:26	
8	Tue	5:36	3.4	6:17	4.5	11:30	-0.2			5:48	8:26	
9	Wed	6:34	3.4	7:10	4.6	12:30	0.1	12:26	-0.3	5:48	8:26	
10	Thu	7:27	3.4	8:01	4.7	1:27	-0.1	1:19	-0.4	5:49	8:25	
11	Fri	8:18	3.4	8:50	4.7	2:19	-0.2	2:09	-0.4	5:50	8:25	
12	Sat	9:07	3.4	9:36	4.7	3:05	-0.2	2:56	-0.4	5:50	8:25	
13	Sun	9:54	3.5	10:21	4.6	3:49	-0.2	3:41	-0.3	5:51	8:24	
14	Mon	10:39	3.5	11:04	4.4	4:31	-0.1	4:26	-0.1	5:52	8:24	
15	Tue	11:24	3.5	11:46	4.2	5:13	0.0	5:11	0.1	5:52	8:23	
16	Wed			12:08	3.4	5:54	0.2	5:57	0.3	5:53	8:23	
17	Thu	12:28	4.0	12:53	3.4	6:36	0.4	6:45	0.6	5:54	8:22	
18	Fri	1:11	3.7	1:39	3.4	7:18	0.6	7:35	0.8	5:55	8:22	
19	Sat	1:56	3.5	2:29	3.4	8:01	0.7	8:27	1.0	5:55	8:21	
20	Sun	2:44	3.3	3:22	3.5	8:46	0.8	9:21	1.1	5:56	8:20	
21	Mon	3:37	3.2	4:17	3.7	9:32	0.8	10:16	1.1	5:57	8:20	
22	Tue	4:31	3.1	5:10	3.9	10:21	0.7	11:12	1.0	5:58	8:19	
23	Wed	5:25	3.2	6:01	4.1	11:12	0.6			5:58	8:18	
24	Thu	6:17	3.3	6:50	4.4	12:07	0.9	12:03	0.4	5:59	8:17	
25	Fri	7:06	3.4	7:38	4.7	12:59	0.6	12:54	0.2	6:00	8:17	
26	Sat	7:55	3.6	8:25	4.9	1:47	0.3	1:43	-0.1	6:01	8:16	
27	Sun	8:44	3.8	9:13	5.1	2:34	0.1	2:32	-0.3	6:02	8:15	
28	Mon	9:32	4.0	10:00	5.1	3:20	-0.1	3:21	-0.4	6:03	8:14	
29	Tue	10:22	4.1	10:48	5.1	4:06	-0.3	4:10	-0.5	6:03	8:13	
30	Wed	11:12	4.2	11:36	4.9	4:53	-0.4	5:03	-0.4	6:04	8:12	
31	Thu			12:03	4.3	5:42	-0.4	5:58	-0.2	6:05	8:11	