

Metompkin Inlet, VA - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:26	4.6	12:56	4.3	6:32	-0.3	6:56	0.0	6:06	8:10	
2	Sat	1:17	4.3	1:53	4.3	7:24	-0.2	7:58	0.2	6:07	8:09	
3	Sun	2:13	3.9	2:53	4.2	8:19	-0.1	9:02	0.4	6:08	8:08	
4	Mon	3:13	3.6	3:58	4.2	9:15	0.0	10:09	0.4	6:08	8:07	
5	Tue	4:17	3.3	5:03	4.3	10:13	0.0	11:15	0.5	6:09	8:06	
6	Wed	5:21	3.2	6:03	4.4	11:12	0.0			6:10	8:05	
7	Thu	6:20	3.2	6:58	4.4	12:19	0.4	12:10	0.0	6:11	8:04	
8	Fri	7:13	3.3	7:47	4.5	1:15	0.3	1:04	-0.1	6:12	8:03	
9	Sat	8:02	3.4	8:32	4.5	2:03	0.2	1:53	-0.1	6:13	8:02	
10	Sun	8:47	3.5	9:15	4.5	2:46	0.1	2:38	-0.2	6:14	8:01	
11	Mon	9:30	3.6	9:56	4.5	3:24	0.1	3:21	-0.1	6:14	8:00	
12	Tue	10:12	3.7	10:36	4.3	4:01	0.1	4:02	0.0	6:15	7:58	
13	Wed	10:54	3.8	11:15	4.2	4:38	0.2	4:44	0.2	6:16	7:57	
14	Thu	11:35	3.8	11:55	4.0	5:15	0.4	5:26	0.4	6:17	7:56	
15	Fri			12:17	3.8	5:53	0.5	6:10	0.7	6:18	7:55	
16	Sat	12:35	3.8	1:00	3.7	6:33	0.7	6:57	0.9	6:19	7:53	
17	Sun	1:17	3.5	1:46	3.7	7:15	0.8	7:48	1.1	6:20	7:52	
18	Mon	2:02	3.4	2:37	3.7	8:00	0.9	8:41	1.2	6:20	7:51	
19	Tue	2:54	3.2	3:32	3.8	8:48	1.0	9:37	1.3	6:21	7:49	
20	Wed	3:50	3.2	4:30	4.0	9:41	0.9	10:35	1.2	6:22	7:48	
21	Thu	4:48	3.2	5:26	4.2	10:36	0.8	11:32	1.0	6:23	7:47	
22	Fri	5:44	3.4	6:20	4.5	11:32	0.6			6:24	7:45	
23	Sat	6:38	3.6	7:10	4.8	12:27	0.7	12:27	0.2	6:25	7:44	
24	Sun	7:29	3.9	8:00	5.0	1:18	0.4	1:20	-0.1	6:26	7:43	
25	Mon	8:19	4.2	8:49	5.2	2:07	0.0	2:12	-0.4	6:26	7:41	
26	Tue	9:09	4.4	9:38	5.2	2:54	-0.3	3:03	-0.6	6:27	7:40	
27	Wed	10:00	4.7	10:26	5.1	3:40	-0.4	3:55	-0.6	6:28	7:38	
28	Thu	10:51	4.8	11:15	4.9	4:27	-0.5	4:47	-0.6	6:29	7:37	
29	Fri	11:42	4.8			5:15	-0.5	5:43	-0.4	6:30	7:36	
30	Sat	12:05	4.6	12:35	4.8	6:05	-0.3	6:41	-0.1	6:31	7:34	
31	Sun	12:57	4.2	1:31	4.6	6:58	-0.1	7:43	0.2	6:31	7:33	