

Metompkin Inlet, VA - Sep 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:53	3.8	2:31	4.4	7:54	0.1	8:47	0.5	6:32	7:31	
2	Tue	2:54	3.4	3:37	4.3	8:53	0.3	9:55	0.6	6:33	7:30	
3	Wed	4:01	3.3	4:45	4.2	9:54	0.4	11:02	0.7	6:34	7:28	
4	Thu	5:08	3.2	5:49	4.2	10:56	0.4			6:35	7:27	
5	Fri	6:09	3.3	6:43	4.3	12:05	0.6	11:56 AM	0.4	6:36	7:25	
6	Sat	7:00	3.4	7:30	4.3	12:58	0.5	12:50	0.3	6:36	7:24	
7	Sun	7:44	3.6	8:11	4.4	1:42	0.4	1:38	0.2	6:37	7:22	
8	Mon	8:25	3.8	8:50	4.4	2:20	0.4	2:20	0.1	6:38	7:21	
9	Tue	9:05	3.9	9:28	4.3	2:54	0.3	3:00	0.1	6:39	7:19	
10	Wed	9:44	4.0	10:06	4.3	3:28	0.3	3:39	0.2	6:40	7:18	
11	Thu	10:24	4.1	10:44	4.1	4:01	0.4	4:18	0.3	6:41	7:16	
12	Fri	11:03	4.2	11:22	4.0	4:36	0.5	4:58	0.5	6:42	7:14	
13	Sat	11:43	4.1			5:12	0.6	5:40	0.7	6:42	7:13	
14	Sun	12:01	3.8	12:24	4.1	5:51	0.8	6:25	1.0	6:43	7:11	
15	Mon	12:42	3.6	1:08	4.0	6:32	1.0	7:13	1.2	6:44	7:10	
16	Tue	1:26	3.4	1:56	4.0	7:18	1.1	8:06	1.3	6:45	7:08	
17	Wed	2:16	3.3	2:51	4.0	8:09	1.1	9:03	1.3	6:46	7:07	
18	Thu	3:14	3.2	3:51	4.1	9:05	1.1	10:01	1.2	6:47	7:05	
19	Fri	4:15	3.3	4:52	4.3	10:04	0.9	11:00	1.0	6:47	7:04	
20	Sat	5:16	3.5	5:49	4.6	11:04	0.7	11:56	0.7	6:48	7:02	
21	Sun	6:12	3.9	6:43	4.8			12:03	0.3	6:49	7:00	
22	Mon	7:05	4.2	7:34	5.0	12:48	0.3	1:00	-0.1	6:50	6:59	
23	Tue	7:56	4.6	8:24	5.1	1:38	-0.1	1:54	-0.4	6:51	6:57	
24	Wed	8:47	4.9	9:14	5.1	2:26	-0.4	2:47	-0.6	6:52	6:56	
25	Thu	9:38	5.2	10:04	5.0	3:12	-0.6	3:39	-0.7	6:53	6:54	
26	Fri	10:29	5.3	10:54	4.7	3:59	-0.6	4:32	-0.6	6:53	6:53	
27	Sat	11:21	5.2	11:44	4.4	4:48	-0.6	5:27	-0.4	6:54	6:51	
28	Sun			12:13	5.1	5:38	-0.4	6:24	-0.1	6:55	6:50	
29	Mon	12:37	4.0	1:08	4.8	6:32	-0.1	7:25	0.2	6:56	6:48	
30	Tue	1:32	3.6	2:08	4.5	7:29	0.2	8:30	0.5	6:57	6:47	