

Metompkin Inlet, VA - Oct 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:34	3.4	3:13	4.3	8:30	0.5	9:36	0.7	6:58	6:45	
2	Thu	3:42	3.2	4:22	4.1	9:34	0.6	10:41	0.8	6:59	6:44	
3	Fri	4:52	3.2	5:26	4.1	10:38	0.7	11:41	0.8	7:00	6:42	
4	Sat	5:53	3.4	6:20	4.1	11:39	0.7			7:00	6:41	
5	Sun	6:41	3.5	7:04	4.1	12:31	0.7	12:32	0.6	7:01	6:39	
6	Mon	7:22	3.8	7:43	4.1	1:11	0.6	1:18	0.5	7:02	6:38	
7	Tue	8:00	4.0	8:21	4.1	1:46	0.5	1:59	0.4	7:03	6:36	
8	Wed	8:38	4.2	8:58	4.1	2:19	0.4	2:38	0.3	7:04	6:35	
9	Thu	9:16	4.3	9:36	4.1	2:52	0.4	3:16	0.3	7:05	6:33	
10	Fri	9:55	4.4	10:14	4.0	3:26	0.4	3:53	0.4	7:06	6:32	
11	Sat	10:33	4.4	10:52	3.8	4:00	0.5	4:32	0.5	7:07	6:30	
12	Sun	11:13	4.4	11:31	3.7	4:36	0.6	5:13	0.7	7:08	6:29	
13	Mon	11:53	4.4			5:14	0.8	5:57	0.9	7:09	6:27	
14	Tue	12:12	3.5	12:36	4.3	5:56	0.9	6:45	1.1	7:10	6:26	
15	Wed	12:56	3.4	1:23	4.2	6:43	1.0	7:38	1.2	7:11	6:25	
16	Thu	1:46	3.3	2:17	4.2	7:36	1.1	8:34	1.2	7:11	6:23	
17	Fri	2:44	3.3	3:17	4.2	8:35	1.0	9:32	1.0	7:12	6:22	
18	Sat	3:47	3.4	4:19	4.3	9:37	0.9	10:29	0.8	7:13	6:21	
19	Sun	4:50	3.7	5:19	4.5	10:40	0.6	11:25	0.5	7:14	6:19	
20	Mon	5:48	4.0	6:15	4.6	11:42	0.3			7:15	6:18	
21	Tue	6:43	4.5	7:08	4.7	12:18	0.1	12:41	-0.1	7:16	6:17	
22	Wed	7:35	4.9	7:59	4.8	1:09	-0.3	1:37	-0.4	7:17	6:15	
23	Thu	8:26	5.2	8:50	4.7	1:58	-0.6	2:31	-0.7	7:18	6:14	
24	Fri	9:17	5.4	9:41	4.6	2:46	-0.8	3:24	-0.8	7:19	6:13	
25	Sat	10:08	5.4	10:32	4.3	3:34	-0.8	4:17	-0.7	7:20	6:12	
26	Sun	10:00	5.3	10:23	4.1	3:22	-0.7	4:10	-0.5	6:21	5:10	
27	Mon	10:52	5.1	11:15	3.8	4:13	-0.4	5:06	-0.2	6:22	5:09	
28	Tue	11:46	4.8			5:06	-0.1	6:05	0.2	6:23	5:08	
29	Wed	12:10	3.5	12:42	4.4	6:04	0.2	7:06	0.4	6:24	5:07	
30	Thu	1:10	3.2	1:43	4.1	7:05	0.5	8:08	0.6	6:25	5:06	
31	Fri	2:16	3.1	2:47	3.9	8:08	0.7	9:09	0.7	6:26	5:05	