

Metompkin Inlet, VA - Nov 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:24	3.2	3:50	3.8	9:11	0.8	10:03	0.7	6:27	5:03	
2	Sun	4:24	3.3	4:44	3.7	10:11	0.8	10:50	0.7	6:29	5:02	
3	Mon	5:12	3.5	5:29	3.7	11:06	0.7	11:31	0.6	6:30	5:01	
4	Tue	5:54	3.8	6:09	3.7	11:53	0.6			6:31	5:00	
5	Wed	6:32	4.0	6:48	3.8	12:07	0.5	12:35	0.5	6:32	4:59	
6	Thu	7:10	4.2	7:27	3.8	12:42	0.4	1:14	0.4	6:33	4:58	
7	Fri	7:49	4.4	8:06	3.8	1:17	0.3	1:52	0.3	6:34	4:57	
8	Sat	8:28	4.5	8:45	3.7	1:53	0.3	2:30	0.3	6:35	4:57	
9	Sun	9:07	4.5	9:25	3.6	2:29	0.3	3:10	0.4	6:36	4:56	
10	Mon	9:47	4.5	10:05	3.5	3:06	0.4	3:51	0.5	6:37	4:55	
11	Tue	10:28	4.5	10:47	3.4	3:46	0.5	4:35	0.6	6:38	4:54	
12	Wed	11:11	4.4	11:32	3.3	4:29	0.6	5:22	0.7	6:39	4:53	
13	Thu	11:58	4.3			5:17	0.7	6:14	0.8	6:40	4:52	
14	Fri	12:22	3.3	12:50	4.2	6:11	0.8	7:08	0.7	6:41	4:52	
15	Sat	1:19	3.3	1:47	4.1	7:11	0.7	8:04	0.6	6:42	4:51	
16	Sun	2:22	3.4	2:49	4.1	8:15	0.6	9:00	0.4	6:43	4:50	
17	Mon	3:25	3.7	3:50	4.1	9:19	0.4	9:55	0.1	6:44	4:50	
18	Tue	4:26	4.1	4:48	4.2	10:22	0.1	10:49	-0.2	6:45	4:49	
19	Wed	5:22	4.5	5:43	4.2	11:24	-0.2	11:42	-0.5	6:47	4:48	
20	Thu	6:15	4.9	6:36	4.2			12:22	-0.5	6:48	4:48	
21	Fri	7:07	5.1	7:28	4.1	12:32	-0.8	1:17	-0.7	6:49	4:47	
22	Sat	7:59	5.3	8:20	4.0	1:22	-1.0	2:10	-0.8	6:50	4:47	
23	Sun	8:50	5.3	9:11	3.9	2:11	-1.0	3:01	-0.7	6:51	4:46	
24	Mon	9:41	5.1	10:02	3.7	3:00	-0.9	3:53	-0.6	6:52	4:46	
25	Tue	10:31	4.9	10:53	3.5	3:50	-0.6	4:46	-0.3	6:53	4:45	
26	Wed	11:22	4.6	11:46	3.3	4:42	-0.3	5:41	-0.1	6:54	4:45	
27	Thu			12:14	4.2	5:37	0.0	6:36	0.2	6:55	4:45	
28	Fri	12:41	3.1	1:08	3.9	6:34	0.3	7:31	0.4	6:56	4:44	
29	Sat	1:39	3.0	2:04	3.6	7:34	0.6	8:24	0.5	6:57	4:44	
30	Sun	2:41	3.0	3:02	3.4	8:34	0.7	9:14	0.5	6:58	4:44	