

Metompkin Inlet, VA - Jan 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:40	3.4	4:52	2.9	10:41	0.7	10:41	0.3	7:17	4:54	
2	Fri	5:27	3.6	5:39	2.9	11:32	0.5	11:27	0.1	7:17	4:55	
3	Sat	6:12	3.9	6:24	3.0			12:19	0.4	7:17	4:56	
4	Sun	6:55	4.1	7:08	3.1	12:11	-0.1	1:03	0.2	7:17	4:57	
5	Mon	7:38	4.3	7:52	3.2	12:55	-0.2	1:46	0.0	7:17	4:58	
6	Tue	8:22	4.5	8:36	3.3	1:38	-0.4	2:28	-0.1	7:17	4:58	
7	Wed	9:05	4.6	9:21	3.3	2:21	-0.5	3:10	-0.2	7:17	4:59	
8	Thu	9:49	4.6	10:06	3.4	3:05	-0.5	3:54	-0.3	7:17	5:00	
9	Fri	10:33	4.5	10:54	3.4	3:52	-0.5	4:40	-0.3	7:17	5:01	
10	Sat	11:19	4.3	11:44	3.5	4:42	-0.4	5:29	-0.3	7:17	5:02	
11	Sun			12:08	4.1	5:37	-0.3	6:19	-0.3	7:17	5:03	
12	Mon	12:37	3.5	1:00	3.8	6:36	-0.1	7:11	-0.3	7:17	5:04	
13	Tue	1:36	3.6	1:58	3.5	7:38	0.0	8:06	-0.3	7:16	5:05	
14	Wed	2:40	3.7	2:59	3.3	8:44	0.0	9:02	-0.4	7:16	5:06	
15	Thu	3:44	3.9	4:02	3.1	9:50	0.0	10:00	-0.5	7:16	5:07	
16	Fri	4:46	4.1	5:03	3.1	10:57	-0.1	10:58	-0.7	7:15	5:08	
17	Sat	5:44	4.3	6:01	3.1	11:59	-0.3	11:54	-0.8	7:15	5:09	
18	Sun	6:39	4.4	6:54	3.1			12:54	-0.5	7:15	5:10	
19	Mon	7:30	4.5	7:45	3.2	12:47	-1.0	1:44	-0.6	7:14	5:11	
20	Tue	8:19	4.5	8:34	3.2	1:37	-1.0	2:31	-0.6	7:14	5:12	
21	Wed	9:05	4.4	9:20	3.3	2:24	-1.0	3:14	-0.6	7:13	5:13	
22	Thu	9:50	4.2	10:05	3.2	3:10	-0.9	3:57	-0.5	7:13	5:15	
23	Fri	10:32	4.0	10:50	3.2	3:55	-0.6	4:39	-0.3	7:12	5:16	
24	Sat	11:14	3.8	11:34	3.1	4:41	-0.4	5:20	-0.1	7:11	5:17	
25	Sun	11:56	3.5			5:28	-0.1	6:03	0.1	7:11	5:18	
26	Mon	12:20	3.1	12:40	3.2	6:17	0.2	6:46	0.2	7:10	5:19	
27	Tue	1:09	3.1	1:27	2.9	7:09	0.5	7:30	0.4	7:09	5:20	
28	Wed	2:02	3.1	2:19	2.8	8:03	0.7	8:17	0.4	7:09	5:21	
29	Thu	2:58	3.1	3:14	2.7	8:59	0.8	9:06	0.4	7:08	5:22	
30	Fri	3:55	3.3	4:10	2.7	9:57	0.7	9:58	0.3	7:07	5:23	
31	Sat	4:49	3.5	5:02	2.8	10:53	0.6	10:50	0.2	7:06	5:25	