

Metompkin Inlet, VA - Jun 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:53	3.9	1:16	2.9	7:09	0.7	7:01	0.8	5:42	8:17	
2	Thu	1:40	3.7	2:07	2.9	7:56	0.9	7:54	1.0	5:41	8:18	
3	Fri	2:30	3.6	3:01	3.0	8:42	0.9	8:49	1.0	5:41	8:19	
4	Sat	3:22	3.5	3:57	3.2	9:29	0.9	9:45	1.0	5:41	8:19	
5	Sun	4:16	3.5	4:50	3.5	10:15	0.8	10:42	0.9	5:41	8:20	
6	Mon	5:08	3.5	5:40	3.8	11:01	0.6	11:38	0.7	5:40	8:21	
7	Tue	5:58	3.5	6:28	4.2	11:48	0.4			5:40	8:21	
8	Wed	6:47	3.6	7:15	4.6	12:32	0.4	12:35	0.1	5:40	8:22	
9	Thu	7:35	3.6	8:03	4.9	1:25	0.1	1:23	-0.1	5:40	8:22	
10	Fri	8:24	3.7	8:52	5.1	2:16	-0.1	2:11	-0.3	5:40	8:23	
11	Sat	9:14	3.7	9:42	5.2	3:06	-0.3	2:59	-0.5	5:40	8:23	
12	Sun	10:06	3.7	10:34	5.3	3:56	-0.4	3:49	-0.5	5:40	8:24	
13	Mon	10:58	3.6	11:27	5.1	4:48	-0.4	4:42	-0.5	5:40	8:24	
14	Tue	11:52	3.6			5:42	-0.3	5:38	-0.3	5:40	8:25	
15	Wed	12:20	4.9	12:48	3.5	6:37	-0.2	6:38	-0.2	5:40	8:25	
16	Thu	1:15	4.6	1:47	3.5	7:34	-0.1	7:41	0.0	5:40	8:25	
17	Fri	2:13	4.2	2:50	3.6	8:30	-0.1	8:46	0.2	5:40	8:26	
18	Sat	3:13	3.9	3:56	3.7	9:25	0.0	9:53	0.3	5:40	8:26	
19	Sun	4:15	3.6	4:58	3.8	10:18	0.0	10:59	0.3	5:40	8:26	
20	Mon	5:14	3.4	5:55	4.0	11:10	0.0			5:40	8:26	
21	Tue	6:09	3.2	6:44	4.2	12:03	0.3	12:00	0.0	5:40	8:27	
22	Wed	6:58	3.2	7:30	4.3	1:00	0.2	12:47	0.0	5:41	8:27	
23	Thu	7:45	3.1	8:13	4.4	1:50	0.2	1:31	0.0	5:41	8:27	
24	Fri	8:29	3.1	8:55	4.4	2:34	0.1	2:14	0.0	5:41	8:27	
25	Sat	9:12	3.1	9:37	4.4	3:14	0.1	2:55	0.0	5:41	8:27	
26	Sun	9:54	3.1	10:19	4.4	3:53	0.2	3:35	0.1	5:42	8:27	
27	Mon	10:37	3.1	11:01	4.3	4:32	0.3	4:16	0.2	5:42	8:28	
28	Tue	11:19	3.1	11:42	4.2	5:11	0.4	4:58	0.4	5:42	8:28	
29	Wed			12:01	3.1	5:51	0.5	5:42	0.6	5:43	8:28	
30	Thu	12:23	4.0	12:45	3.1	6:33	0.7	6:28	0.7	5:43	8:28	