

Metompkin Inlet, VA - Jul 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:05	3.9	1:31	3.2	7:15	0.7	7:18	0.9	5:44	8:28	
2	Sat	1:49	3.7	2:20	3.3	7:58	0.8	8:11	1.0	5:44	8:27	
3	Sun	2:36	3.5	3:12	3.4	8:42	0.7	9:07	1.0	5:45	8:27	
4	Mon	3:28	3.4	4:07	3.7	9:28	0.6	10:05	0.9	5:45	8:27	
5	Tue	4:23	3.3	5:01	4.0	10:16	0.5	11:04	0.7	5:46	8:27	
6	Wed	5:18	3.3	5:55	4.4	11:08	0.3			5:46	8:27	
7	Thu	6:12	3.4	6:47	4.7	12:03	0.5	12:01	0.1	5:47	8:27	
8	Fri	7:06	3.5	7:40	5.0	1:00	0.2	12:54	-0.2	5:47	8:26	
9	Sat	7:59	3.6	8:32	5.2	1:55	-0.1	1:48	-0.5	5:48	8:26	
10	Sun	8:53	3.7	9:26	5.4	2:47	-0.3	2:41	-0.7	5:49	8:26	
11	Mon	9:47	3.8	10:19	5.3	3:39	-0.5	3:34	-0.8	5:49	8:25	
12	Tue	10:41	3.8	11:11	5.2	4:30	-0.5	4:28	-0.7	5:50	8:25	
13	Wed	11:35	3.9			5:22	-0.5	5:24	-0.6	5:51	8:25	
14	Thu	12:03	4.9	12:30	3.9	6:15	-0.4	6:23	-0.3	5:51	8:24	
15	Fri	12:56	4.5	1:27	3.9	7:08	-0.3	7:25	0.0	5:52	8:24	
16	Sat	1:49	4.1	2:26	3.9	8:01	-0.2	8:29	0.2	5:53	8:23	
17	Sun	2:46	3.7	3:29	3.9	8:53	0.0	9:34	0.4	5:53	8:23	
18	Mon	3:45	3.3	4:31	3.9	9:46	0.1	10:40	0.6	5:54	8:22	
19	Tue	4:46	3.1	5:30	4.0	10:38	0.2	11:45	0.6	5:55	8:21	
20	Wed	5:43	3.0	6:22	4.1	11:30	0.3			5:56	8:21	
21	Thu	6:35	2.9	7:09	4.2	12:44	0.6	12:21	0.3	5:56	8:20	
22	Fri	7:22	3.0	7:53	4.3	1:34	0.5	1:08	0.3	5:57	8:19	
23	Sat	8:05	3.1	8:35	4.3	2:15	0.5	1:52	0.2	5:58	8:19	
24	Sun	8:48	3.1	9:16	4.4	2:53	0.4	2:33	0.2	5:59	8:18	
25	Mon	9:29	3.2	9:56	4.4	3:29	0.4	3:13	0.2	6:00	8:17	
26	Tue	10:11	3.3	10:36	4.3	4:04	0.4	3:53	0.2	6:00	8:16	
27	Wed	10:52	3.4	11:14	4.3	4:40	0.5	4:33	0.3	6:01	8:16	
28	Thu	11:32	3.5	11:53	4.1	5:17	0.5	5:15	0.5	6:02	8:15	
29	Fri			12:13	3.5	5:55	0.6	5:59	0.7	6:03	8:14	
30	Sat	12:31	3.9	12:55	3.6	6:34	0.7	6:47	0.8	6:04	8:13	
31	Sun	1:12	3.8	1:41	3.7	7:14	0.7	7:38	1.0	6:04	8:12	