

Metompkin Inlet, VA - Jul 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:25	4.0	12:47	3.2	6:33	0.7	6:30	0.8	5:44	8:28	
2	Thu	1:05	3.8	1:32	3.3	7:13	0.7	7:21	0.9	5:44	8:27	
3	Fri	1:47	3.6	2:20	3.4	7:55	0.7	8:16	1.0	5:45	8:27	
4	Sat	2:34	3.5	3:13	3.7	8:38	0.6	9:13	0.9	5:45	8:27	
5	Sun	3:27	3.3	4:09	3.9	9:25	0.5	10:14	0.8	5:46	8:27	
6	Mon	4:25	3.2	5:06	4.3	10:16	0.4	11:16	0.7	5:46	8:27	
7	Tue	5:23	3.2	6:02	4.6	11:10	0.2			5:47	8:27	
8	Wed	6:21	3.2	6:58	4.9	12:17	0.4	12:07	-0.1	5:47	8:26	
9	Thu	7:17	3.3	7:54	5.1	1:16	0.1	1:04	-0.3	5:48	8:26	
10	Fri	8:12	3.5	8:49	5.3	2:12	-0.1	2:00	-0.6	5:49	8:26	
11	Sat	9:08	3.6	9:43	5.3	3:05	-0.3	2:55	-0.8	5:49	8:25	
12	Sun	10:03	3.7	10:36	5.2	3:57	-0.4	3:50	-0.8	5:50	8:25	
13	Mon	10:58	3.8	11:28	5.0	4:47	-0.5	4:46	-0.7	5:51	8:24	
14	Tue	11:52	3.9			5:38	-0.4	5:43	-0.4	5:51	8:24	
15	Wed	12:19	4.7	12:47	3.9	6:28	-0.3	6:42	-0.1	5:52	8:24	
16	Thu	1:09	4.2	1:42	3.9	7:19	-0.2	7:44	0.2	5:53	8:23	
17	Fri	2:01	3.7	2:41	3.9	8:08	0.0	8:48	0.5	5:53	8:23	
18	Sat	2:56	3.3	3:41	3.9	8:58	0.2	9:53	0.7	5:54	8:22	
19	Sun	3:54	3.0	4:42	3.9	9:49	0.4	10:59	0.8	5:55	8:21	
20	Mon	4:54	2.8	5:39	3.9	10:40	0.5			5:56	8:21	
21	Tue	5:50	2.7	6:30	4.0	12:03	0.8	11:33 AM	0.5	5:56	8:20	
22	Wed	6:41	2.8	7:16	4.1	12:59	0.8	12:23	0.5	5:57	8:19	
23	Thu	7:26	2.9	8:00	4.2	1:44	0.7	1:11	0.4	5:58	8:19	
24	Fri	8:10	3.0	8:42	4.3	2:23	0.7	1:55	0.3	5:59	8:18	
25	Sat	8:52	3.1	9:22	4.4	2:58	0.6	2:36	0.2	6:00	8:17	
26	Sun	9:33	3.2	10:01	4.4	3:32	0.6	3:16	0.2	6:00	8:16	
27	Mon	10:14	3.3	10:39	4.3	4:07	0.5	3:56	0.3	6:01	8:16	
28	Tue	10:55	3.4	11:16	4.2	4:41	0.5	4:36	0.4	6:02	8:15	
29	Wed	11:34	3.5	11:53	4.1	5:17	0.5	5:18	0.5	6:03	8:14	
30	Thu			12:15	3.6	5:53	0.6	6:03	0.7	6:04	8:13	
31	Fri	12:30	3.9	12:57	3.7	6:31	0.6	6:52	0.8	6:04	8:12	